The 5-Step Embodied Change Sequence for Working with Clients

This 5-step sequence can help guide your embodied work with clients, using UZAZU, to help them bring greater awareness to their experience; to cultivate access to and skillful use of healthy, balanced embodied states; and to activate more positive states, related to the issues and challenges in their lives.

Client's Overall Life Ecology & Journey

What's your client's life like right now, how has it been in the past, and what do they want to work on, change, or evolve?

Situational Dynamics & Patterns

Which kinds of response patterns & state imbalances, in which kind of contexts, would be most helpful to work on?

1. Big Picture

Take stock of the various areas and aspects of their life

Interview them, and dialogue together to develop a shared understanding of the main issues and patterns wanting attention

2. Focusing in

Focus in on a specific

situation & model the

embodied imbalances

Have them embody, re-enact,

and reflect on the imbalanced

states and limiting dynamics &

patterns showing up

ASSESS

Sensitively bring the past into

present awareness

How can you best state shift? **3. State Shifting**

Their Current State

Develop more aligned balance & strength in the necessary core states

Help them learn how to embody the balanced states that give them access more of their bodymind's full intelligence & potential

ADAPT

Skillfully transform how you can show up in the present moment

4. Rehearsing

Rehearse bringing the balanced states back into a relational context

Bring the shifted, improved state into imaginal relationship with the relevant person or situation so they can practice applying it.

5. 'Real Life

Utilize these more resourced, supportive states in their daily life

Help them plan to activate, or 'prime' themself with balanced, resourcing states and bring them into specific daily life situations

APPLY

Assertively bring these changes into upcoming situations

