

## Microtracking the True Scene with 3 Therapists

### Overview and briefing for exercise



Pesso Boyden Training UK

### Microtracking...

- Following the client moment to moment about what feeling comes up, which we call **Witnessing**
- We follow the client's thoughts, beliefs, and we call that **Voices**
- And we track the client's expression of need – not necessarily just **Basic Needs**, but looking out for the needy state of the client
  - "I really did something I felt proud about"...there is a need to be validated or supported
  - "No one understood me"...a need to be seen or accepted and emotionally supportedThen we can offer, eg, 'someone who sees and accepts you'
- The need is sometimes the hardest to identify...when we uncover it accurately, it goes into the optimism of the **Antidote**

## The True Scene

The 'here and now' where the client's internal scenario is truthfully represented in the room. The client watches the externalised representation of their internal conflict....the clash between rising affect and long-held defences

"...We assume that this particular *now* will contain all the learned meanings of past situations, both good and bad; also all the hopes and longings of those parts of the soul that have never been met and properly counter shaped....So here we have the witness figure and all the other allies and champions of the soul – the potential positive countershaping figures – and on the other side we have the ...negative [contrashaping] attitudes of the past..."

...continued

"Now we are in the true scene. We have made visible, illustrated, and illuminated the true state of the client right now. We have externalised the internal drama, illustrating the conflict between the [emergent /non-ego-wrapped] soul parts and the old ego. The witness figure is the ally of the unrecognised soul parts, the ridiculing and guilt giving [voices] represent the internalisation of the negative messages. **The emotional process and thoughts going on inside the client are now perfectly represented in the room. This is the true scene....It is as if the true scene was an unexpected doorway into history.**"

Al Pesso, Ego Development in the Possibility Sphere (in *Moving Psychotherapy* 1991, ed Al Pesso & John Crandell, Brookline Books)

### Microtracking the True Scene 3 Therapists

Four in a group – one is Client, one will offer Witness statements, one will listen for and externalise Voices, one will listen for and offer countershape for Need

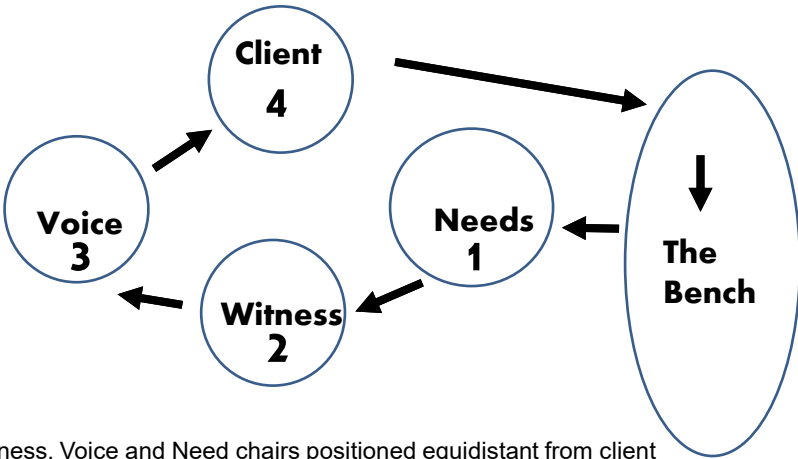
If more than 4 in group, the others ‘sit on the bench’ until rotated into the action

Client is a volunteer, not getting a session. The client is here to help the 3 therapists practice. Anything the client gets in this exercise is a bonus!

As a client you get the luxury of having 3 therapists

As a therapist you get the luxury of only having to focus on 1 element of the microtracking

### Microtracking in the True Scene 3 Therapists



Witness, Voice and Need chairs positioned equidistant from client  
If more than 4 in a group, others ‘on bench’ and move into the exercise in sequence

To conduct the practice session:

- **Need** on right (1) **Witness** middle (2) **Voice** on left (3) **Client** (4). Bench when > 4 per group
- 6 mins each round, then change. Everyone moves clockwise
- No debrief; move straight into the next round
- When change, everyone moves clockwise
- 1 goes from focusing on **Need** to the **Witness**
- 2 moves from **Witness** to focus on **Voices**
- 3 becomes **Client**
- 4 goes on to focus on **Needs** [if more than 4 in group, 4 goes onto 'bench' and 5 moves into the exercise]

## Four Versions of the Witness Statement

- If a witness were here, the witness would say, "I see how [affect word] you feel when you [context: client's actual words]"
- The witness would say, "I see how [affect word] you feel when you [context: client's actual words]"
- "How [affect word] you feel when you [context: client's actual words]"
- "[affect word]"



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