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## Gestalt Play Therapy Supervision Exercises

The following exercises are not necessary but may offer insight into this supervision segment. Your supervisor may invite you and other group members to engage in these.

*Intuitively draw lines to represent the time in this session that you and your client were present to the moment and not:*

High Presence

Low Presence

\_\_\_\_\_

SELF HERE & NOW      SELF THERE & THEN      CLIENT HERE & NOW      CLIENT THERE & THEN

*Intuitively draw lines to represent the time in this session that you and your client were trusting of self/other:*

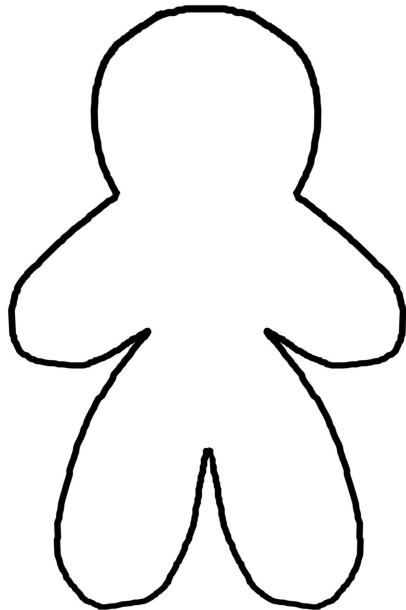
High Presence

Low Presence

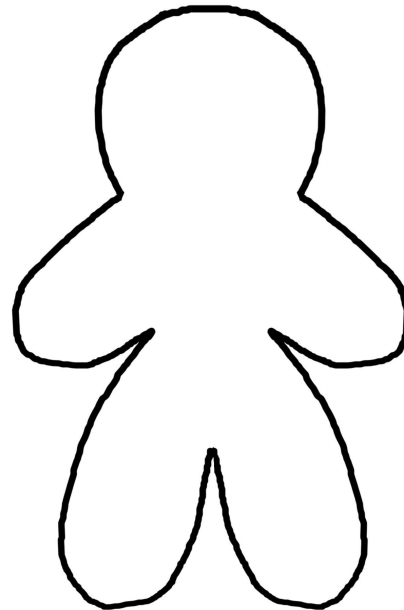
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T TRUST SELF      T TRUST OTHER      C TRUST SELF      C TRUST OTHER

*Intuitively color the feelings you and the client experienced throughout the session*



*Self*



*Other*

*Intuitively brainstorm the nonverbal messages you and your client communicated to each other.*

*Therapist to client:*

*Client to Therapist:*

*Intuitively brainstorm the nonverbal responses to those messages you and your client communicated to each other.*

*Therapist to client:*

*Client to Therapist:*