



GOOD PRACTICES 3.4.3.: Relaxation

The ability to relax is one of the most important skills in the work of EP. There are many different methods of relaxation. The most commonly used relaxation techniques are: Schulz autogenic training, Jacobson's progressive muscle relaxation or meditation. The use of relaxation techniques is good practice in the work of EP. Below is a short relaxation technique (container emotions).

In his professional practice, EP finds his own ways of dealing with emotions. Here are some tips you can do right away:

- For a few minutes after the session, think about what happened in contact with the client, give yourself space to organize your thoughts,
- Analyze your own emotions, try to understand why such emotions arise,
- Take your attention away from the conversation with the client for a moment,
- Leave what happened at the meeting in the office,
- Practice for a few minutes - diaphragmatic breathing, autogenic training, meditation
- Take notes from the session, they will help you distance yourself, think and reflect,
- Discuss an emotionally difficult situation with another colleague

Task:

After each exercise, evaluate on a scale from 1 to 10 the level of relaxation and emotional container:

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

very little

very much

read more: www.autogenic-therapy.org.uk