**Table 1: Action-Promoting Interventions**

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| Intervention | Description | Example |
| Resonating mirroring to help the patient experience powerful movement and express strength and vitality | The therapist mirrors the patient’s expressions as accurately as possible as soon as the patient completes the movement. When a powerful movement emerges, the therapist expands it by enlarging it or emphasizing it with sound. She also expands it through “interpretive movement mirroring,” which can involve stomping, clapping, jumping, pushing, making sounds, throwing a ball, and/or pounding. Appeared in all treatment diaries (n=8). | Yael’s diary: “I emphasize the powerful movement beginning to flow from her to make more room for a sense of power and self-efficacy” (Diary 3, Session 15). The initiative can come from the therapist, as was the case with Aviv: “I invite Aviv to the center of the room, we stand opposite each other. I lead with invigorating movements that promote presence, such as massaging, kneading, drumming, and he’s with me.” (Diary 5, Session 23) |
| Movement sequences between the poles of avoidance and presence | A movement and verbal dialogue to help the patient experience transitioning from avoidance and invisibility to being present and being seen through movement, verbal mirroring, and conversation. This intervention can evoke up emotional content related to experiences of loneliness versus togetherness. Appeared in most of the treatment diaries (n=6). | Verbal processing deepens the experience. For example, when playing gazing games with 10-year-old Yael: “How does it feel with your head inside? She says: ‘I feel alone, and when I come out and meet your eyes it’s nice, someone’s waiting for me and wants me.’ I say: And when my eyes don’t meet yours? She says:’ I feel alone. And continues: It’s like that in life, not only in movement.’” (Diary 3, Session 3) |
| Focusing to increase awareness | Joining the patient’s emotional experience while listening to the body’s needs and resources. | “After Yael shares some painful emotional content I suggest focusing on her needs and inner resources… I work with her using guided imagery… to notice which part of the body is asking for attention and to breathe into it… After the experience Yael says: ‘I actually felt that it was the uninjured leg that that needed some attention, because no one was paying attention to it now…’” (Diary 3, Session 6) |

**Table 1.1.: Additional Findings, Interventions in reference to the Timeline**

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| Focusing to raise awareness | In the final stages of treatment, patients had internalized the connection between movement and emotions modeled during treatment. Thus, after experiencing a movement, Yair said: “I listened to myself and not to the bad thoughts. I was with my body.” (Diary 6, Session 33) |