**Table 3: Clinical Intervention to Strengthen the Sense of Self**

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| Intervention | Description | Example |
| Synchronized movement mirroring | Moving in sync with the patient’s movement. This intervention appeared in most of the diaries (n=6). In situations where the patient begins a movement, stops, and withdraws, the therapist joins the patient’s movement as accurately as possible to give them a sense of controlling the movement and help them feel supported and confident. | Aviv: “He starts walking around the room. I join him and we play with walking and stopping as he sets the pace. We switch to jumping and he stops every time right before we reach the peak.” (Diary 5, Session 25) |
| Mirroring to join an illegitimate expression of the psyche | Joining expressions of anger, aggression/gentleness that cannot be legitimately expressed in the patient’s world. This intervention appeared in all the diaries (n=7) and encouraged expansion of movement. | Alon: “… and he shows me and I mirror it back without words… My response seems to give him permission to continue… I mirror the faces he makes… the vitality increases and suddenly a very scary face comes out of him…” (Diary 4, Session 2) |
| Experiencing movement sequences between the poles of holding and letting go | This intervention appeared in most of the diaries (n=5). Sometimes choosing a game that requires control can serve as a defense mechanism shielding the patient against feelings of sadness and pain. Joining the patient where they are is another way of moving from holding to letting go, while making room for the spectrum of sensations and emotions that emerge. | Alon: “He asks that we play together with a ball and then takes a blanket and wraps himself up in it. In a stream of consciousness he speaks about losses in his life, ending with the understanding that there are some things I can look after and some things I can’t.” (Diary 4, Session 9) |
| Experimenting with balance | Experimenting with balance in various ways allows the patient to experience movement sequences between the poles of control and lack of control. This can help the patient regain the experience of having his body serve as an anchor for feelings of confidence and autonomy. The therapist can serve as an additional anchor. This intervention appeared in most of the diaries (n=5). | Na’ama: “She stands on the physio ball and tries to find balance. She uses me for help. I wrap my arm around her and she does it again.” (Diary 1, Session 3) |

**Table 3.1.: Clinical Interventions to Strengthen the Sense of Self Combining Other Art Modalities, in Reference to the Timeline**

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| Intervention | Description | Example |
| Synchronized movement mirroring | Moving in sync with the patient’s movement. This intervention appeared in most of the diaries (n=6). In situations where the patient begins a movement, stops, and withdraws, the therapist joins the patient’s movement as accurately as possible to give them a sense of controlling the movement and help them feel supported and confident. | Ella: “… I join her movement, throwing the handkerchief up in the air and letting it fall down. I gradually move aside and become the observer. The mask of a smile comes off her face and she starts meditatively working with the handkerchiefs…” (Diary 2, Session 24) |
| Movement sequences between the poles of control and surrender | Experiencing movement with eyes closed initiated by the patient or the therapist. This intervention appeared in half the diaries at late stages of treatment (n=4). In response to the patient’s request to experience a lack of control in the treatment room, this intervention allows them to experience both control and surrender along with the lack of control. | Na’ama: “She fills parts spread out on the floor with color and I fill shapes that connect to each other. She gives me a smearable green, I gently color and she oozes her body down from the chair to the floor. I ask her to do it again. She oozes, lies down, crawls into the tunnel and starts moving with the tunnel toward the paper ball I threw. She picks it up and brings it to me. I spread it out on the floor and straighten out the folds.” (Diary 1, Session 34) |
| Focusing to bring awareness to emotional content of the patient’s choosing | A suggestion at the end of a treatment session to focus on significant movement content of the patient’s choosing that arose in the session. This intervention helps patients experience a sense of control, autonomy, and collectedness. In all the diaries, the patient’s choice was to focus and go back to pleasant experiences of relaxation, release, or empowerment (n=7). | Ella after experiencing movement with handkerchiefs: “Ella says with a smile: I felt I became a handkerchief.” (Diary 2, Session 24). “Ella chooses to draw the feeling of letting go” (Diary 2, Session 37). From a session with Na’ama: “She chooses to go back to walking with her eyes closed as I watch over her” (Diary 1, Session 24). In focusing on the sensations of the body and transitioning to a verbal dialogue, as in Gali’s session, the therapist noticed a stop and directed Gali to listen to her body: “I say: Can you notice what’s happening in your body right now? She says:’ It’s like a mountain with a wheel on it and it’s stuck on a little stone.’ I echo what she says, noting a sense of suffocation in my chest and belly…” (Diary 7, Session 30) |