

Symbolic Modeling by Phone

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Facilitator

A Symbolic Modeling session can be successfully conducted by phone, yet there are certain differences from doing so in person. While *every* Symbolic Modeling client partners with the facilitator in the process, this is especially true on the phone. As I can't see you, you can assist by:

1) Being aware of:

- a. Your gestures: Are you touching your hand to your body somewhere, for example, on your heart/chest or gut? Are you motioning with one hand, for example, pushing out and/or away?
- b. Are you *looking* somewhere repeatedly, say, up and to the left corner of the room?
- c. Other non-verbals: shallow breaths, tears, frowning, shoulder muscles tensing, a sudden relaxing and deepening of breath, etc.?

You needn't be vigilant about this to the point of letting it distract you! But if you notice anything like these sorts of things, let me know, and we may explore them. There is always information there, even if you aren't aware of it right away.

2) Giving feedback about the timing of questions:

Let me know if you need more time to process a question or find an answer. In person, it's "written" on your face, but over the phone, I can't always hear if you're ready for the next question. So, speak up: let me know you need more time—or for that matter, if I'm giving you too much time or repetition.

3) Follow your intuition:

(And this is true for all clients, in person or on the phone.) Tune in to your intuitive sense: what draws your attention? So if, for example, you tell me there are three objects you are now aware of, and I ask you a question about Object #3, but you sense there is something important, something compelling, about Object #1, tell me, and we will explore that one. Honor your own knowing, as will I!

Once we get into the symbolic domain—the landscape of your metaphors-- you will have a *sense* about objects or about what you would like to have happen. To some degree, you needn't be distracted by logic or what *should* seem important or doable. (I say, to some degree, because if the 'should' seems particularly compelling—well, that *is* listening to your intuitive knowing about what's important!)

The metaphor/symbolic landscape often works with *dream logic*.

Finally, be sure you are in a quiet space where you will not be disturbed for 1 ½ hours. We most likely will finish sooner than that, and we certainly can if you let me know ahead of time what your timing requirements are. Otherwise, 1 ½ hours assures we have time to 'set the stage' and time to debrief. Have a 'Before You Come' sheet completed, preferably emailed or faxed to me ahead of time, though this is not crucial (gina@miningyourmetaphors.com or 410-560-2017.)

Also, I suggest you have paper and markers, crayons, or whatever your preferred drawing tools all ready, so you can make a metaphor map immediately after the end of the session. Having to hunt them down will activate your cognitive mind/everyday thinking, and pull you out of the special realm from which you will just be emerging. It's like having the pad and pen ready to jot down your dream, so you won't lose it!