



psychotherapy • counselling • mentoring

DURÉE

THERAPIST REFLECTIVE TOOL

A tool for noticing movement in lived experience during therapy.
The aim is not to judge progress, but to accompany becoming.

1. PAST – What is being carried forward?

What from the past appears to be living in the client's present experience?

Is it being remembered, or does it still feel
as though it is happening now?

2. PRESENT – Is there enough time for experience?

Where is the client in their process right now?

Explaining → Contacting → Staying → Deepening → Discovering

THERAPIST CHECK: Am I allowing the experience to unfold,
or moving too quickly toward understanding or solution?

3. FUTURE – Is the future open?

What is the client's experienced future right now?

Collapsed → Repetitive → Uncertain → Possible → Open

IMPORTANT: The aim is not optimism.
The question is: Can something different still happen?

4. MOVEMENT – What changed?

Where is the process right now?

Frozen → Repetitive → Emerging → Transforming → Carrying Forward

What changed here?

THERAPIST PAUSE: Before the next intervention, ask:
Does this experience need another question — or more time?
Allow silence when something is forming.

PAST STATUS

1. Re-enacted
2. Determining
3. Remembered
4. Re-experienced
5. Reorganised
(meaning shifts)

5. CARRYING FORWARD

After an important moment, notice:

What is different now from a few minutes ago?

Has the client's bodily experience changed?

Has meaning changed?

Has what seems possible changed?

Does the new experience carry forward,
or does it return to its previous organisation?

6. SESSION END – Temporal Summary

What was carried from the past? _____

What changed in the present? _____

What became more possible? _____

What might carry forward into life? _____

CORE QUESTION

Did something become possible here
that did not feel possible before?

