

# EVALUATION CRITERIA LEADING PBSP-EXERCISES

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## General

1. The therapist creates a *possibility sphere* in which the group members can feel safe to explore their conscious and unconscious emotional and physical states 1 2 3 4 5
2. The therapist communicates *basic hope and trust* 1 2 3 4 5
3. The therapist is *comfortable with leadership* in a quiet way 1 2 3 4 5
4. The therapist is comfortable with the *range of emotions* in the group and the emotions expressed in the PBSP exercises 1 2 3 4 5
5. The therapist pays attention to '*pre-exercise stuff*' like motivation, contract, group issues and transference 1 2 3 4 5
6. The therapist is able to *observe the body* and to communicate these observations therapeutically 1 2 3 4 5
7. The therapist proves to have *basic knowledge* of PBSP 1 2 3 4 5

## Instruction to the exercise

8. The instruction for the exercise is *correct and complete* 1 2 3 4 5
9. The instruction is *convincing and stimulating* 1 2 3 4 5
10. The instruction gives *clear goals* 1 2 3 4 5
11. The instruction gives *clear role and task definitions* 1 2 3 4 5
12. The therapist helps the clients to *link* the instruction of the exercise to future *therapeutic* or *structure* work 1 2 3 4 5

## Guiding the Exercise

13. Guiding the exercise the therapist pays attention to *technical aspects*, like formation of a circle or precise accommodation 1 2 3 4 5
14. The therapist gives *attention to the individual groupmembers* without losing contact with the group as a whole 1 2 3 4 5
15. The therapist *does not permit negative outcome* or negative reconstructions 1 2 3 4 5
16. During the *sharing* the therapist *listens attentively* and communicates *respect and awareness* about what the clients report 1 2 3 4 5