

Session 10

Problem solving, reflection, transfer to everyday life, closing of the therapy

Material/wall

Additional material - Problem solving, index cards with participants' names, pencils

Goal of the day

Develop problem solving skills and make a plan of action, reflection of one's own experience during the Bouldering Psychotherapy, transfer of learned skills into everyday life, farewell from the group

Exercises

Breathing meditation, Honeyshower, Warm-up, Projecting

Starting phase

00:00	Mindfulness exercise	Breathing meditation
00:10	Checking in	<i>How am I today?</i> (briefly)
00:20	Topic: Problem solving	Bouldering as permanent problemsolving (boulderproblem). Steps to solve problems using the Additional material – Problem solving.
00:30	Group exercise	Honeyshower introduction: displaying index cards.

Active phase

00:35	Warm-up	Warm-up in the group, group ritual optional
00:45	Bouldering exercise	Projecting In pairs or small groups Reflecting on all methods, strategies and techniques covered in all modules and apply the steps for problem solving.

Final Phase

01:20	Group exercise	Honeyshower <i>How do you feel about the feedback?</i>
01:30	Final round	<i>What do you take away from the 10 weeks? How could you apply the experience of the Bouldering Psychotherapy to your everyday life?</i>

Farewell

Breathing meditation

Therapist version

Preparation

Self-responsible "arrival" of the participants:

If you are still stuck in your daily routine, please quietly do the [5-4-3-2-1 exercise](#) for yourself to fully arrive here.

Description

This exercise is performed in a sitting position.

Find a comfortable, upright seating position.

Feel the points of connection to your chair.

Feel your feet firmly on the ground.

Take your time to settle into your seat.

Relax all muscles that you do not need to sit upright (shoulders, your face, etc.).

Close your eyes or set your gaze to be in front of you.

Thus prepared, now turn your concentration inward and bring your attention to the breath.

Breathe in deeply and out again. Observe the breath without influencing it.

Feel how the breath flows through your nose into your lungs, and how your chest rises and falls. Breathe deeply into your belly, and feel it rise and fall.

Some breaths may be shallow, others deep. Remain in non-judgmental observation.

Notice each breath from beginning to end.

Repeat in your mind "in" when you inhale and "out" when you exhale.

Whenever you notice that your mind is somewhere else, kindly but firmly bring your attention back to the breath.

Whatever else is perceptible may be there.

You don't need to do anything with it at all, pure observation.... (5 min.)

Now finish the exercise by slowly deepening your breath and moving your body again. Notice your surroundings and give yourself a smile :)

Topic - Session 10

Problem solving, reflection and transfer to everyday life

Background information

Bouldering can be understood as permanent **problem solving**: boulderproblems on the wall are being recognised and worked on (projecting).

Goal of this session is to use problem solving skills to master challenging boulder routes, and then practice these problem solving skills to be able to transfer them onto everyday situations.

Steps of problem solving:

Awareness: When did the problem occur? How did I perceive it? What did I do?

Analysis: Why did the problem occur? What was the difficulty?

Emotional evaluation: How did I react? Did I turn to negative self-talk or to a compassionate understanding of myself?

Preparing for the problem: What can I do at this point to overcome the problem?

Observing one's own strengths: What are my skills and strengths? What can I do?

Planning action: Where do I start, where do I hold on, how does my body position look like?

Organising one's behaviour and action: Focus on the action plan.

Social support: Who is going to support me? From whom can I take help?

Including breaks: Planning breaks and allowing oneself to have a break (effective acting).

Key questions

Which mountain in your life are you climbing at the moment?

What are situations that make you loose your steadiness/your hold? What grounds you in everyday life, what gives you stability?

Are you searching for the easiest or the hardest way to reach your goals?

Are you taking enough breaks on the way, or can you not wait to get to the top?

Is for you the path the goal or the summit? What happens, when you reach the summit?

*How can you apply the experiences from the boulderpsychotherapy to your everyday life?
Which strategies could help you in the future?*

Learning goals

Reflection of learned strategies and transfer of applying these skills to everyday situations.

Honeyshower

Group exercise

Description

As many index cards are laid out as there are participants in the group. The index cards are each labelled with a name and each participant is asked to think of one thing that he or she likes about him or her and write it down on the respective index card. Only positive phrases are allowed. The "tone" must not be abusive or inappropriate.

At the end, each participant is given his or her own index card and has time to read through it and enjoy his or her "honeyshower" in peace. Afterwards, the large group discusses how each participant found the experience with his or her "honeyshower".

Material/wall

10 index cards, 10 pencils (if there are 10 participants)
free space (yoga room)

Therapeutical themes

Group cohesion, empathy, pride/self-worth, communication

Key questions

How did you feel about the "honeyshower"? Can everyone accept their compliments or does it lead to automatic devaluations such as "my notes are meaningless"?

Variations

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Tips

Distribute the cards at the beginning of the session on a surface, so that the participants can fill them in over the course of the session with enough time. Calculate enough time for participants to enjoy their "honeyshower".

Warm-up and cool-down

Individual exercise

Description

Participants are inducted to warm-up before starting to boulder and cool-down at the end.

The warm-up consists of 3 parts:

1. Cardio warm-up: starjumps, jumping jacks
2. Mobilisation: open and close fists (with arms outstretched or at an angle), wrist turns, move arms to side and flip palms up and down, move head to each side, circle arms back and forth, cat-cow pose on all fours, stretch sideways, stretch hands down to the toes while standing, twist and stretch ankles.
3. Warm-up climb: climb 3-4 easy routes below your own level to warm-up.

Cool down consists of stretches to all muscle groups that were used.

Material/wall

Free room or space on mats

Key questions

Which exercise did you like last time? How did it go?

Variations

Due to time constraints and depending on the content of the lesson, the warm-up climb may be omitted.

Tips

Increasingly involve participants to encourage initiative.

Projecting

Individual exercise

Description

Participants select a challenging route according to their own strengths (for example a project from previous sessions). The boulder problem is then analysed with the use of the problem-solving tool (see key questions below).

Material/wall

Individual route

Therapeutical themes

Problem-solving, mindfulness, social support

Key questions

Awareness: When did the problem occur? How did I perceive it?

Analysis: Why did the problem occur? What was the difficulty?

Emotional evaluation: How did I react? Did I turn to negative self-talk or to a compassionate understanding of myself?

Preparing for the problem: What can I do at this point to overcome the problem?

Observing one's own strengths: What are skills and abilities that could help overcome the problem? What techniques have I learned?

Planning action: Where do I start, where do I hold on, how does my body position look like?

Social support: Who is going to support me? From whom can I take help?

Tips

Approach projects calmly and collectively.

Include breaks: sometimes a challenging route can be easier completed after a break.