

## Intervision process

To apply this process, I recommend offering a cycle of 3 sessions of 1h30.

As the process is around 20mn long, you have time to make 3 intervisions in a session.

### Intention:

Share questions, experiences, difficulties, good practices among peers

A learning process based on openness, non-judgment and benevolence

### Duration:

20 mins, 25 mins max

#### Step 1: Ask a question / share a feeling – 3mn

1 participant shares a current question based on experience (not in the distant past, nor a projection) and concerning teaching mindfulness.

The others listen in silence

Then 30sec silence

#### Step 2: Clarify the question / request - 5-6mn

Other participants ask clarifying short questions (no analysis or advice)

The questioner answers concisely

*The questions relate to "why this question?" ", the meaning of the question for the person, and the clarification of certain points ("what is your experience?", "when this happened, how did you feel?", "can you specify such and such point?", "how do you feel about asking this question?" etc...*

Then 30sec silence

#### Step 3: Discuss / contribute – 5-6mn

The participants discuss the question asked

The questioner remains silent and listens

*For people who exchange: we do not speak on the word of the other, we improve, it is a discussion.*

Then 30 sec silence

#### Step 4: Capture the content – 3mn

The questioner is asked to express:

- What challenged/affected him
- What he seizes
- What he decides to do

#### Step 5: Close – 1mn

Closing: the facilitator asks the following questions (to be adapted at the time)

- How do you feel?
- Do you have a broader, more complete view of your question?
- Do you have enough to act?

*This process has been initiated by Stephane Nau and experienced in the AFEM, French mindfulness teachers association. It has been improved into 10 intervision cycles, but still, has to be experienced and improved again ;-)*

*You can contact me if you want more information, I'll be happy to help you. – Stéphane Nau - [stephane@commentcava.org](mailto:stephane@commentcava.org)*