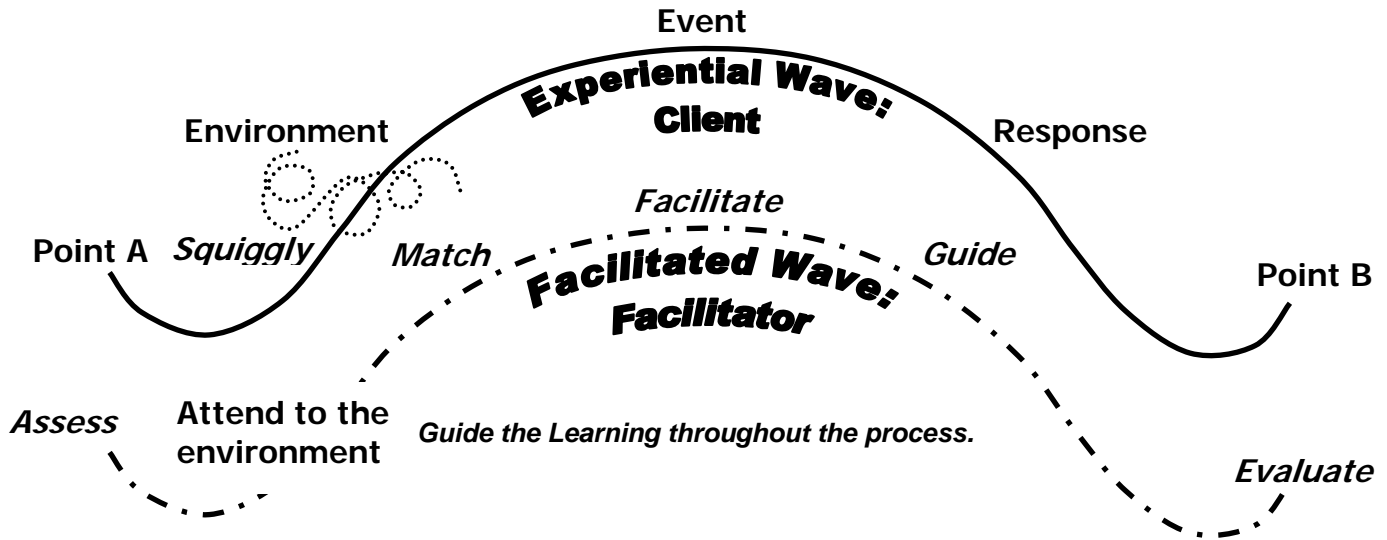


# Experiential Wave!<sup>1</sup>

The process involved in experiencing life is familiar to all of us. We engage in it multiple times daily when assessing and understanding personal issues, planning home activities, managing our work lives, our friendships, and negotiating issues within our neighborhoods. We are also regularly involved in the facilitation of experiences, either as clients or leaders, for other people including our children, co-workers, students and friends. The experiential wave provides us a model so that we may better understand how to facilitate play with more purpose.



	Point A	Environment	Event	Response	Point B
Client	Internal Issues: The whole of one's past experiences, values, beliefs, attitudes, thought patterns, etc.	External circumstances: Space, weather, location, time of day, norms/values/ beliefs of the setting, etc. Squiggles are anything that takes energy, focus, & attention from the event.	The activities one engages in throughout life.	How one responds to life experiences: guided by one's idealized view of life, life direction & goals (Point B) as well as one's identity & life experience (Point A), and existing ecological factors (environment).	One's idealized view of life, life direction, or life goals.
Facilitator	<b>Assess Point A:</b> Prepare by understanding the past history. <b>Facilitate</b> by finding out who showed up, what accompanied them, what environmental issues need to be addressed immediately, & the client's current experiential functioning.	<b>Assess &amp; Attend:</b> Prepare by considering previously existing environmental conditions & determining what needs attention. <b>Facilitate:</b> create the desired environment by assessing current operational conditions (safety, trust, connection, enjoyment, challenge, empowerment, & communication), and what needs attention (the squiggles) <b>Match activities</b> to address these needs based on your Assessment of Point A and Attention to the Environment.	<b>Facilitate:</b> Prepare by knowing Point B & planning how you might get there. Facilitate the process that will get you there with attention to both the content of the session and the process of how it is all unfolding (matching intervention, sequencing, etc.).	<b>Guide Learning:</b> Facilitate every opportunity to point the clients toward the experiential learning cycle as the experience unfolds, create opportunities for clients to think about their interactions, thoughts, and behavior in the here-&-now; the importance of self-understanding, generalizing beyond the here-&-now, & applying learning to life.	<b>Evaluate:</b> Prepare by observing what happened and noticing progress toward point B. Facilitate by intentionally reviewing how each step of the Experiential Wave was processed in the experience: did we make a good assessment of Point A, did we see the environmental issues clearly, did we choose the best intervention, was the facilitation of the activity optimal, did we maximize opportunities to guide the learning?

<sup>1</sup> The Experiential Wave theory is excerpted from a work in progress excerpted by Alvarez & Stauffer. They acknowledge & appreciate the work of Schoel, Prouty, & Radcliffe in *Islands of Healing*, the first to use the wave analogy.

