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## Matching Workshop • TAPG/AEE 2009

The following strategies are offered as a starting point to matching your activity with your client in the hopes that they help you adapt activities for environmental, developmental, cultural, and clinical considerations resulting in a more informed, intentional decision-making process during facilitation.

### Connect with your client on multiple levels:

- Environment (props and space)
- Clinical goals, activity purpose, stage of change (including motivation and hope), previous experience
- Client's interest, strengths, and limitations (capacity and skill)

### Matching through Facilitation

- Activity Structure: Choose to match the actions, movements, or energy level of your client with the actions in an activity or the exact opposite in order to create a paradox or a paradigm shift.
- The experiential functioning of your client: Use your client's words and actions to adapt interventions that match his/her experiential functioning at that moment in the session.
- Presentation: Rules, guidelines, safety considerations, space, and time considerations, are all issues that you can adapt to meet the needs of your clients. Tailor the activity to fit the specific needs of the client.
- Level of risk: Physical safety and emotional risk.

### Activities

- **IDENTITY EXCHANGE HEART STRING** (Ref Unknown): Invite people to think of their favorite book or movie. Meet someone else in the group and share this information. Then exchange it with the person they meet. Example, Person A likes the movie "Top Gun" and shares this with Person B who likes the movie "Golden Compass". Person A now takes on Person B identity. So Person A meets Person C and says Person B's name and movie! Phew! All sorts of things can be discussed, such as confusion, strategies, changing information.
  - **CLOTHES PIN TAG** (Ref Unknown): Mark off a play area and give all participants 5 clothes pins. Let them pin them to their shirts or pant legs. Have them all spread out before starting. The object is to try to put clothes pins onto someone else's back without getting any more on yours. You can only take on clothes pin at a time from you. Discuss safety, risk, strategy, etc.
  - **ZIP ZAP POP** (Ref Unknown): Invite participants to "pass" the zip with their right hand pointing to the left across the chest. Practice this a few rounds. Add in the "pass" of the zap with the left hand pointing to the right across the forehead. Add in the "pass" of the pop with both hands together pointing to anyone in the group. Discuss balance, multi-tasking, strategies, performance stress.
  - **60 SECOND HISTORY** (Ref Unknown): In dyads or triads invite each person to share his/her entire life history in one minute. The other person listens as intently as possible without verbal feedback. Switch roles after a minute. Debrief listening skills, honoring another story – especially by allowing him/her to choose the direction without our questions, connecting to others, etc.
  - **SLOW MOTION TAG** (Ref Unknown): Invite participants to find a partner. Round One: Choose one person to be peanut butter and one to be jelly. One is "it" and one is being chased – in slow motion! When tagged, make a 360 turn and switch roles! Round Two: link arms and face another pair. Same idea! Notice strategies, different definitions of "slow motion", differences between round one and round two.
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