Mirroring

## Exact Mirror

Word for word.

Use same energy, body movements, breath.

The purpose is to ensure that the person is heard and for the listener to take in the full sense of the other.

Used early in dialogue.

Can be concluded by a summary and a question:

*Have I got it?*

In psychodrama exact mirroring is used in the early stages of enactment to establish a role.

## Validating Mirror

“When I look I am seen, so I exist. I can now afford to look and see.”

Winnicott, D. W. (1971) Playing and Reality. London: Tavistock p134

Cross the bridge and see the world from the other person’s perspective.

*I understand…*

*When you … then …*

*You make sense …*

The validating mirror is used to let the person know they have been understood. This part of the mirror is cognitive.

The empathic mirroring of feelings is also validating mirroring

*I imagine you might be feeling …*

Peter Felix Kellerman:

“…when we receive empathic attunement (validating mirroring), this nurturing environment allows the blossoming of the true self of the child.”

Kellermann, (2007) P.F. [Let's face it: Mirroring in psychodrama.](http://peterfelix.tripod.com/home/Mirroring.pdf%22%20%5Co%20%22%22%20%5Ct%20%22_blank)In C. Baim, J. Burmeister & M. Maciel (Eds.), Psychodrama: Advances in Theory and Practice. London: [Routledge](http://www.routledge.com/books/details/9780415419130/%22%20%5Co%20%22%22%20%5Ct%20%22_blank). 83-95.

## Revealing Mirror

Learning to see how others see you.

*When you … the impact you have on me…*

The response to the protagonist if well presented (as in good sharing) will reveal the impact on others. Response, in turn, can be accurately mirrored by the protagonist.

The actions of a protagonist can be mirrored in a psychodrama to show the protagonist how they are perceived, this can be done through maximization or other creative elaborations or improvisations. A collaborative stance is encouraged by the director, and the protagonist is accompanied by the director.