



Attention Switches

Called in the USA: **Present Time** or **Attention Out**

The Client may end the session with **Attention Switch exercises** to switch the attention away from the material worked on in the session and so to (re-)gain more free attention for the here-and-now situation.

Some examples of these simple exercises

- doing some mental arithmetic,
- recalling names of trees, capital cities, etc.
- describing the physical surroundings,
- doing some physical exercises (especially those requiring independent movement of the two halves of the body - "cross crawling").

Attention-out exercises can also be used within a session to restore balance of attention, and the practice of "new & goods" at the start of a session and workshops fall also in this category (i.e. attention-away from the distress I arrived with)

The counsellor might remind the client to do some of these Attention Switch exercises.

See also in CoCoPedia:

[Balance Of Attention](#)

[Session](#)

[Session Contracts](#)
