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## A SUMMARY FROM JAN WINHALL

The Experiencing Scale (EXP) - 7 levels - a Summary  
(informal reading by Katarina Halm)

<https://www.dropbox.com/s/hdtj1cae35aeqrk/>

[The Experiencing Scale \(EXP\) - 7 levels - a Summary PDF](#)

[The Experiencing Scale \(EXP\) - 7 levels - a Summary RTF](#)

## The Experiencing Scale (EXP)

The scale has been shown to predict client change, especially in client-centred therapy, but it is relevant for cognitive therapy and for group work too. Klein M H, Mathieu P L, Gendlin E T & Kiesler D J  
The experiencing scale: a research and training manual (vol 1)  
Madison: University of Wisconsin, 1969

## The Experiencing Scale (EXP) ~ 7 Levels

- 1.) the client simply talks about events, ideas or others
- 2.) refers to self but without expressing emotions.
- 3.) expresses emotions but only as they relate to external circumstances.
- 4.) the client focuses directly on emotions and thoughts about self
- 5.) engages in an exploration of his or her inner experience
- 6.) gains awareness of previously implicit feelings & meanings
- 7.) on-going process of in-depth self-understanding, which provides new perspectives to solve significant problems

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INFORMAL TYPING AND READING OF EXCERPT

Mary Gendlin's description of the experiencing scale from manual 2652.

(Katarina Halm's informal reading and typing of the excerpt 200423).m4a

<https://www.dropbox.com/s/jazk6qusvebtaqh/>

[most likely ... Klein, M. H., Mathieu, P. L., Gendlin, E. T., & Kiesler, D. J. (1970). *The Experiencing Scale: A research and training manual*. Madison: University of Wisconsin Extension Bureau of Audiovisual Instruction.]

"The scale has been translated into German, Dutch, and Japanese. It measures a continuum from externalized narrative to inwardly elaborated feeling statements, but this may not be a single variable to measure. Middle stages measure the presence of emotions, but focusing on a felt sense is distinctly different from emotions. This begins at stage four. While only the higher ranges measure focusing, the continuum is one of increasing inward reference. The following are brief excerpts from the Experiencing Scale Training Manual which describes the scale steps.

Stage One: the content is not about the speaker. The speaker tells a story, describes other people or events in which he is not involved or presents a generalized or detached account of an idea. Nothing makes the content personal.

Stage Two: either the speaker is the central character in the narrative or his interest is clear, The speaker's Involvement, however, does not go beyond the specific situation or content. All comments, associations, reactions and remarks serve to get the story idea across but do not refer to or define the speaker's feelings.

Stage Three: the content is a narrative or a description of the speaker in external or behavioural terms with added comments on his feeling private experiences. These remarks are limited to the events or situations described, giving the narrative a personal touch without describing the speaker more generally.

Stage Four: feeling or the experience of events, rather than the events themselves, are the subject of the discourse. The patient tried to attend to and hold onto the direct inner reference of his experiencing and make it the basic datum of his communications.

Stage Five: the content is a purposeful exploration of the speaker's feelings and experiencing. The speaker must pose or define a problem or proposition about himself explicitly in terms of feeling. He must explore or work with the problem in a personal way. The patient now can focus on the vague, implicitly meaningful aspects of his experiencing and struggle to elaborate it.

Stage Six: the subject matter concerns the speaker's present, emerging experience. (He) conveys a sense of active, immediate involvement in an experientially anchored issue with evidence of its resolution or acceptance. The feelings themselves change or shift.

Stage Seven: experiencing at stage seven is expansive, unfolding. The speaker readily uses a fresh way of knowing himself to expand his experiencing further. The experiential perspective is now a trusted and reliable source of self-awareness and is steadily carried forward and employed as the primary referent for thought and action. (Klein et. al. 1970, pages 6 and 56-63)

Other instruments have been developed. Sachse and Neumann 1983."

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## REFERENCES

1/

Klein, M. H., Mathieu, P. L., Gendlin, E. T., & Kiesler, D. J. (1970). *The Experiencing Scale: A research and (raining) manual*. Madison: University of Wisconsin Extension Bureau of Audiovisual Instruction.

Excerpts from the Experiencing Scale  
Short Form of EXP Scale  
The EXP Scale

Order the Experiencing Scale Manual and its accompanying tapes  
All the above at

[http://www.experiential-researchers.org/instruments/exp\\_scale/exp\\_scale\\_main.html](http://www.experiential-researchers.org/instruments/exp_scale/exp_scale_main.html)

Some scholarly articles regarding Klein et. al. 1970 the experiencing scale

[https://scholar.google.ca/scholar?q=Klein+et.+al.+1970+the+experiencing+scale&hl=en&as\\_sdt=0&as\\_vis=1&oi=scholar](https://scholar.google.ca/scholar?q=Klein+et.+al.+1970+the+experiencing+scale&hl=en&as_sdt=0&as_vis=1&oi=scholar)

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"Other instruments have been developed. Sachse and Neumann 1983."

[Focusing-Oriented/Experiential Psychotherapy

Marion N. Hendricks, Ph.D.

Director

The Focusing Institute

In Cain, David and Seeman, Jules (Eds.) *Humanistic Psychotherapy: Handbook of Research and Practice*, American Psychological Association, 200

at [http://previous.focusing.org/research\\_basis.html](http://previous.focusing.org/research_basis.html)

INDEX:

Introduction and Overview

Experiencing: A new understanding of Body and Environment

Felt Sense: How The Body Is Wise

Carrying Forward; Implied Next Steps Of Living

Reconstituting Blocked Process In Psychotherapy

Felt Shift: When The Body Eases

Focusing and Experiencing: Defining and Measuring A Process Variable

Research Studies

- Experiencing Level (EXP) and Session and Psychotherapy Outcomes
- Focusing and Psychotherapy Outcome
- Can Clients Be Taught To Focus and To Increase EXP Level?
- Therapists Can Help Clients Focus During Sessions Or Can Hinder Them

Training Therapists to Focus Helps Their Clients Focus

Physiological, Attentional and Cognitive Correlates of Focusing

Personality Correlates of High EXP or Focusing Ability

Discussion of the Findings

From Research To Practice

- The Interaction is First
- Listening is the Baseline
- When the Client and Therapist Both Respond to the Felt Sense
- When the Therapist Fails to Respond to the Client's Felt Sense
- When Clients Do Not Focus
- Getting A Felt Sense Instead of Just Thinking or Deducing or Reporting
- Clearing A Space or Getting Distance Instead of Drowning In Emotions
- Friendly Focusing Attitude Instead of the Inner Critic
- Implied Forward Direction and Emergence of Steps

Conclusion

References

Table 1: Experiencing Level and Outcome

Table 2: Focusing and Outcome

Table 3: Increasing Experiencing Level Or Focusing Ability

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[most likely the excerpt above ... Klein, M. H., Mathieu, P. L., Gendlin, E. T., & Kiesler, D. J. (1970). The Experiencing Scale: A research and training manual. Madison: University of Wisconsin Extension Bureau of Audiovisual Instruction.]

Klein et. al. 1970 the experiencing scale

"The **Experiencing Scale** (Klein et al., 1970) is a measure of the clients' emotional involvement in therapy. ... The **Experiencing Scale** is derived from Gendlin's experiential theory and Roger's client-centred theory and is one of the first widely used therapeutic process measures (Hill & Corbett, 1993)."