

**DESIRED OUTCOME: I WOULD LIKE TO BE ABLE TO GET MYSELF STARTED WITHOUT THE HELP OF OTHERS.**

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(Andrew says at the outset he wants to resolve with the use of Clean Language a fundamental difficulty experienced by many people with ASD)

AE = Anything else? WKO = What kind of? SS = Size or shape? LW = Like what? WHERE = Where does x come from? BEFORE = What happens just before x? NEED = What needs to happen? NEXT = What happens next?

These abbreviated phrases are the only words spoken by the therapist/discussant, and they evoke Andrew's typed words and eventually his own resolution of the difficulty he has identified. In the table below, words spoken by the therapist are bolded in the lefthand column, together with the brief capitalized questions. All the other words are Andrew's. Andrew and we like this very much as it prevents a therapist asking leading questions or even guiding to responses. It seems good as a way of validating supported communication by people who do not speak. A session requires both the discussant/therapist and the ST facilitator. Clean Language evolved out of psychotherapy. We do not know of others who have used it with supported communication.

Word or concept we want to clarify	Clarifications	More Questions
<b>Started</b>	AE: It would be getting moving and beginning -Putting my body into action even when my brain cannot LW: Moving my hand to the <b>rhythm</b> and making my words come to life outside of my head	
<b>Rhythm</b>	WKO: My head and heart works together with my body like a dance. AE: It is enjoyed like music. It is a good feeling that happens. WHERE: It is from my heart and goes naturally without any effort of mine WHAT DOES IT SOUND LIKE: It is a <b>tender drumming</b> NEED: It needs to begin and feel the rhythm	
<b>Tender drumming</b>	AE: It feels <b>nice</b> WKO: It goes constant and keeps my body in a constant motion BEFORE: It is like you cannot move. It is a hard feeling. NEED: I need to <b>begin</b> and my rhythm begins. It is there but I do not always feel it there until I am <b>reminded</b> it has a purpose WHERE: Your <b>heart</b> beat -My feet are the drums	
<b>Nice</b>	WHERE: My entire body feels like it's together	
<b>Heart</b>	WHERE: It is deep inside me with my entire body working together to make everything happen how it should. I love it when this happens	
<b>When you cannot move what would you like to have happen?</b>	I need an encouraging <b>push</b> and a smile from my supporter.	
<b>Begin</b>	AE: my thought is <b>there</b> and it needs to <b>come out</b> then it begins -it begins to happen and it flows from there like the river water. It trickles without needing any help. NEED: to begin the rhythm WHO OR WHAT BEGINS THE RHYTHM: Encouragers who show me love NEXT: I can get started	
<b>There</b>	WHERE: Right here where we are in our moment of thinking	
<b>Come out</b>	AE: I need to talk or type or move to my next task LW: love -It is like rhythm. It is a heartbeat that is there and natural.	
<b>Love</b>	AE: It is a good feeling like it is natural and meant to happen WHERE: <b>My heart is full of it</b> -It <b>keeps growing</b> so it is very very big and endless. SS: It is huge. It explodes all over.	

	<p>COLOUR: It is all the colours.</p> <p>AE: Love. It is over and we begin again. I feel love many times.</p> <p>Love is all it is about.</p>	
<b>Is there a relationship between tender drumming and river water?</b>	Both have that rhythm like I do as well.	
<b>Heart is full of it</b>	AE: Heart is full of love and I am hopeful I can share it with others who want to accept it	
<b>It keeps growing</b>	NEXT: It keeps being shared with others and it becomes something new to someone else	
<b>Is there a relationship between heartbeat and tender drumming?</b>	It is the same. It is good feelings all working together. It is like the love in my heart becomes more natural to share when my life is all beating in rhythm like the gentle drumming.	
<b>Is there anything else about all of that?</b>	I need to keep <b>moving</b> to keep my rhythm.	
<b>Moving</b>	WKO: Doing what I need to do AE: I am moving all the time because my heart beats all the time	
<b>Is there a relationship between moving and dance?</b>	Head, heart and body all work together to make it move	
<b>Dance</b>	AE: It is a good feeling WKO: It is everything working together AE: I like it. I wish I could just <b>start myself</b>	
<b>Start myself</b>	NEED: The rhythm to begin	
<b>What happens just before rhythm begins?</b>	I get <b>stuck</b> .	
<b>What would you like to have happen when stuck</b>	Hear the rhythm.	
<b>What's all of that like?</b>	My body needs to move like the river so it is as natural as my heartbeat.	
<b>When stuck and want to hear the rhythm and rhythm has to begin to start yourself, that's all like what?</b>	It is a big puddle I get my feet stuck in and I cannot move. It is a mess and if I get moving with the support of a smile or an encouraging look I can move forward.	
<b>What happens to big puddle when you can get moving?</b>	It's still there but I can <b>move myself out of it</b> .	
<b>Move yourself out of it</b>	AE: It is messy and <b>I feel trapped</b> .	
<b>When you feel trapped, how do you know you are trapped?</b>	<b>Thoughts and ideas are not moving forward.</b>	
<b>When thoughts and ideas are not moving forward what would you like to have happen?</b>	I need a smile or a kind word that will gently coax my brain to get moving. I need a touch sometimes but not always. I am happy to let you know when I do.	
<b>Smile</b>	WKO: It is a kind and trusting person who believes I can do it. SIZE: It covers your face with a big shape of your mouth and your eyes shine. It is a big great thing. COLOUR: Greens and yellow brightness glows around it. AE: Without touching me it is like a hug. WHEREABOUT IS SMILE WHEN IT IS LIKE A HUG: It is on your face. It is a great thing to have people you care about smile at you. It is why I have been able to make myself smile. I need to give the love back. I have the ability to move. WHEREABOUTS DO YOU FEEL THE SMILE: My heart <b>feels love</b> .	

<b>What happens after smile and right before you have the ability to move?</b>	I feel the smile make me go like a cheer: "Let's go. Andrew, you can do it, my friend."	
<b>Feels love</b>	AE: It is a warm thing. It is nice and a safe place to be me.	
<b>What kind of times are these times when you feel love?</b>	It is during this time when I see Judi smile and I see you smile and offer me words that say I am doing well. It is when we work in the garden. It is my walks with E and Yukon. Painting with Heidi and running with Dean and David. Having dinner with my family and saying grace together.	
<b>When (love) explodes all over, what happens next?</b>	I can be able to go.	
<b>Encouragers</b>	LW: Supporters who are genuine and patient knowing it is going to be worth the wait. SS: <b>Solid and big</b> all surrounding my being. WHERE: They surround me both in my present and past. AE (when encouragers show love begin the rhythm): It is my foundation. I need them to pull me out of the puddle. It can be a big messy place to get stuck. The rhythm is essential.	
<b>Solid and big</b>	LW: Big like a house.	
<b>House</b>	WKO: house has a strong foundation. WHERE: It is my home which opens its doors to many who bring me this love. COLOUR: green, of course.	
<b>Is there anything else about strong foundation?</b>	It is not just bricks and cement it is people.	
<b>What's the relationship between house with strong foundation and drumming?</b>	Drumming requires a rhythm and the home also has a rhythm. AE: Love. It is like the beat of the drum going with a rhythm.	
<b>Is the rhythm of the drumming the same or different from rhythm of the house.</b>	It is just a way to say it. It is a drumming beat that keeps me going. My home has a rhythm of regular things that I compare to beating of a drum. Drumming is a metaphor, Lea. It is like without one of the things in my life my rhythm is out. When the drumming is out of rhythm it misses a beat. The <b>drummer</b> is me.	
<b>Drummer</b>	WKO: I am a drumming instrument. What would drummer like to have happen?: I want to <b>keep the beat going</b> .	
<b>Keep beat going</b>	NEED: I need to have good people to help me keep this good rhythm.	
<b>Push</b>	WKO (when encouraging push and smile from supporter): It can be a push or a pull but it is them saying good job my fellow man you are an intelligent and clever person. Tell me more. I am here to listen.	-
<b>What happens to "I cannot move" (when push)</b>	I am stuck, then in the work of my brain I get the message to go. It is a very freeing feeling to have.	
<b>Relationship between encourager and supporter</b>	The words and my body work together. They are one and without it they cannot work together. I need encouraging supporters to be encouragers.	
<b>When rhythm has a purpose, what purpose is that purpose?</b>	It puts me in the right place. It helps me to keep moving.	
<b>When reminded it has a purpose</b>	AE: It puts me in the right place. It helps me to keep moving. NEXT: That's when it all works together.	
<b>Reminded</b>	WKO: It cues me to go. It is getting a push to go forward from a good person.	

### *Connecting up what Andrew says:*

I am able to get myself started, to move and begin without the help of others.

I get an encouraging push and smile from my supporter. When encouragers show me love and the rhythm begins, it is my foundation.

My thought comes out like love from right here where we are in our moment of thinking and it flows like the river water. It trickles without needing any help. It is like rhythm. Encouragers who show me love begin the rhythm. It is a heartbeat that is there and natural.

My supporters are genuine and patient. They say to me: “good job my fellow man you are an intelligent and clever person. Tell me more. I am here to listen.” My encouragers are solid and big all surrounding my being. My encouragers are like a big house. The house has a strong foundation. It is my home which opens its doors to many who bring me this love. The house is green with a strong foundation of people. Drumming requires a rhythm and the home also has a rhythm. Love. It is like the beat of the drum going with a rhythm.

A smile or a kind word gently coaxes my brain to get moving. The smile is a kind and trusting person who believes I can do it. The smile covers the face with a big shape of the mouth, and the eyes shine. It is a big great thing. The smile has greens and yellow brightness that glows around it. Without touching me it is like a hug. People I care about smile at me. I feel the smile make me go like a cheer: “Let’s go. Andrew, you can do it, my friend.” My heart feels love. It is a warm thing. It is a nice and safe place to be me. I give the love back. This love is huge. It explodes all over. It is all the colours. Love. It is over and we begin again. I feel love many times. Love is all it is about. My heart feels love. When it explodes all over, I can be able to go. I have the ability to move.

When I am able to get myself started, I put my body into action. In the work of my brain I get the message to go. It is a very freeing feeling to have. The rhythm is a kind of rhythm where my head and heart works together with my body like a dance. The rhythm is enjoyed like music. It is a good feeling that happens. The rhythm is from my heart and goes naturally without any effort. This heart is deep inside me with my entire body working together to make everything happen how it should. I love when this happens. I am moving all the time because my heart beats all the time.

When my thought comes out like love it is a good feeling like it is natural and meant to happen. My heart is full of love and I am hopeful I can share it with others who want to accept it. It keeps growing so it is very, very big and endless. When it keeps growing, it keeps being shared with others and it becomes something new to someone else.

The rhythm is a tender drumming. I am the drummer. My feet are the drums. This tender drumming feels nice, like my entire body is together. It is a kind of tender drumming that goes constant and keeps my body in constant motion. The tender drumming comes from my heartbeat. The heartbeat and tender drumming are the same. It is good feelings all working together. It is like the love in my heart becomes more natural to share when my life is all beating in rhythm like the gentle drumming. It puts me in the right place. It helps me to keep moving. I move myself and it is a freeing feeling. My body, thoughts and ideas move forward.

I begin and my rhythm begins. It is there and I feel it there when I am reminded it has a purpose. It cues me to go. It is getting a push to go forward from a good person. The tender drumming, river water and I all have rhythm. My body moves like the river so it is as natural as my heartbeat. I can move forward. Life is flowing in a rapid current which is going forward.

I am the drummer who keeps the beat going. I am a drumming instrument. Good people help me keep this good rhythm. I keep drumming because my heart keeps beating.

“Let’s go. Andrew, you can do it, my friend.”