

Sensory Evocation Interviewing

As used in Young Youth Project Based Learning Series



Topic: Consider a time when you felt successful.

For 3 participants:

1. Interviewer

2. Interviewee

3. Observer

Please begin by identifying who will be 1, 2 and 3

The Interviewee:

Take a few moments to cast your memory back to that time.

- Where were you? A school? A home?
- Activate your 5 senses to clearly evoke that memory.
- What were you hearing? Smelling? Touching? Tasting? Seeing?

The interviewer:

- Asks the **interviewee** to share the specific experience of when they found success at something that was important to them.

In one or two sentences, ask the interviewee to describe the situation:

For example, at the end of school one of my teacher approached me and shared how proud she was of me for improving consistently all year in m poetry class.

- Help the interviewee to evoke this situation, using the following questions:
 - When was it?
 - Where was it?

Ask Visual Questions like:

- When you are think about this experience, when you are there, what do you see?
- Please use your senses to describe this place or this scene, as you saw it at the time. Look around you again now - what are you looking at?

Transition: And in this place/experience there may be sounds

Ask Auditory Questions:

- At this moment, what are you hearing?
- What are the sounds/noises/conversations?
- Are there words, music, sounds of nature?

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- Listen again to everything you are hearing

Transition: While continuing to hear everything, let the sensations come back

Ask Questions on the bodily and emotional sensations:

- In this experience, what is the position of your body?
- And what are you feeling?
- Retrieve the bodily sensations, the emotions – describe how it feels in your stomach? In your head? your feet? Your heart? Is there anywhere else you notice something?
- Sensing inwardly, what is the ambiance or atmosphere of your inner landscape?

Ask Questions on sensing the system:

- In this moment if you “take a step back” – and try to see the experience now. Can you find something in your memory that you hadn’t noticed back then?
- What do you notice in the periphery of your awareness?
- Is there a sensation of compassion inside you? Outside of you? Do you sense it in the other?

The observer:

- Takes notes of the relevance and the effect of the questions and different formulations
- Observes non-verbal reactions, synchronization, clues of the evocation state (for example excitement, expressions of joy, someone being moved etc.)
- Shares the perceived “degree of intensity” of the interviewee's evocation – share if you could feel what they were feeling.