Some tips from Marilyn's Luber consultants course
Elan Shapiro

It was very successful -- we all learned some useful tips & had a good experience - the groups bonded well
I think we should share at least the tips about finding the NC so I will briefly describe it . Up to now we all learned Alan's choreography for the suitable NC characteristics
ME -self referencing
NOW-currently held
IRRATIONAL
GENERALISABLE
sometimes we also knew to add declaratively at least the need for
AFFECTIVE RESONANCE & even explained this as deriving from the theoretical function of the NC to access the Affect- BUT we needed Marilyn to point out the obvious tip of ACTUALLY LOOKING for the affect shift as a check for the suitable NC & and the ways to do this were:
1- continuing with the downward arrow technique of asking "& what does that (repeat what client said) say about / mean for you ?" & persist with this UNTIL there is an AFFECT SHIFT even after you get what would appear to be an intellectually satisfactory NC - that could be up to about a 6-10 times instead of stopping after the usual 3 or 4 times. When the affect shifts it comes as a "recognition reflex" with some observable involuntary body sign.
 if this is not working then there were 2 more tips :
2- ask for a drawing -& then the NC often just pops up
3- try a floatback
I suspect I was often doing this intuitively but the difference is doing it deliberately & also useful as an additional teaching aid to help novices learn how to find the good enough NC using not only intellect (thinking cognitive categories: Safety/Control/Responsibility -guilt & Responsibility-defective) but also honing their observation skills & emotional empathy to spot the affect shift using the above tips.
Another good idea for supervision was to have the supervisee role play a client they were stuck with & to seek an NC in this way - the experience was surprising......great stuff