

More Meta-Drivers

Introduction

Meta-drivers shift the client's locus of attention, in the [meta-driver](#) section this was done by having the client physically move to a new space or move the subject of their attention (B) to a new space.

Alternative Methods

Here follows other methods for shifting the locus of attention. I am sure there are many more than what is presented here:

Spatial A

- Tilt-board
- Gyroscope (aka: whirly gig)
- Ark Angle ([link](#))
- Zorb Ball

Spatial B

- A large tent (six sided)
- Spinning table (six sided)

Auditory

- Music
- Nature Sounds
- Industrial Sounds
- Repetitive beats
- Irregular beats

Kinaesthetic

- Constraints (i.e. arm slings/crutches)

Visual

- Blindfold
- Colours
- Images

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