

On Being Therapeutic

**Edited Excerpt For Holistic EFT Practitioners
from the Holistic Coaching and Healing Training Manual**

By Phillip Mountrose and Jane Mountrose



Awakenings Institute

P.O. Box 279, Arroyo Grande, CA 93420

805-931-0129

certify@awakeningsinstitute.org

ON BEING THERAPEUTIC

A holistic EFT practitioner's approach to the client sets the stage for success by creating an appropriate environment for healing. This approach includes choosing appropriate clearing techniques to eliminate blockages, maintaining a healthy therapeutic relationship with the client, and an understanding of the healing process. While the main focus of the Holistic Healing Course is on the effective use of a variety of clearing techniques, the other elements are equally important.

A. THERAPEUTIC QUALITIES

In her book *Becoming Naturally Therapeutic*, Jacquelyn Small provides a good basis for understanding how to establish and maintain a thriving therapeutic relationship. She also includes some practical tips on pitfalls, which she calls "toxic relating."

Toxic Relating

To understand what is therapeutic, start with what is not therapeutic. We have all had experiences where people tried to help us, but something didn't feel right. Jacqueline Small calls this "toxic relating." She lists examples of personalities a therapist may take on that are counterproductive to genuine healing. These are wounded subpersonalities that need help themselves.

Here are some examples:

1. **The Preacher:** This person uses moralizing as the primary technique in therapy. We all know how receptive we are to this approach.
2. **The Judge:** The Judge hands down his or her version of "the law," logic and authority. Most people don't respond too well to this approach either.
3. **The Teacher:** The teacher provides lessons, whether their clients want them or not. This person feels it is his or her duty to train their clients to think and behave correctly.
4. **The Savior:** This version of toxic relating involves the need to "save" the client, who has most likely gone astray in the Savior's eyes. The Savior aims to provide the quick fix by leading the client back onto the path to redemption.

5. **The Pleaser:** This part wants everyone to like it and is afraid to say “no.” It can feel used, victimized, and invisible. The practitioner has to be strong and go beyond what the client might like to hear.

There are more of these subpersonalities that could interfere with the healing process. We touch on this subject in depth in this course and in our ebook *The Heart & Soul of Being Therapeutic*. Holistic practitioners who seek to maintain healthy therapeutic relationships need to take an honest look and address any personalities that may interfere with their ability to assist our clients. Fortunately, we all have the innate ability to be therapeutic through the compassionate and neutral guidance of our soulful inner wisdom.

Coming from the Heart

Holistically, genuine therapy involves assisting our clients to access the truth that already resides within themselves. This empowers clients, putting them in touch with their strengths and allowing them to gently release the limitations that are preventing them from living life fully. This is a profound concept that has not made it into most traditional therapies, where the therapist provides the truth for their clients, often creating codependence instead of an empowerment.

Jacqueline Small refers to the more soulful approach we strive for with holistic healing as “coming from the heart.” This neutral approach creates a safe space in which clients can come to understand themselves more deeply. Through the course, we will discuss these qualities, which provide a beautiful basis for a strong, empowering relationship.

Qualities of Coming from the Heart:

1. **Presence (potency):** This practitioner is in touch with his or her own soulful being; this resonates to the client. All of the other qualities build on this presence.
2. **Empathy:** The practitioner is able to perceive another’s experience and communicate it back in a neutral way.
3. **Genuineness:** The practitioner’s words and behaviors match his or her feelings and the client can sense this genuineness.
4. **Respect:** The practitioner recognizes that the client is another soul who is striving to evolve and understands the client’s need to choose his or her own destiny.
5. **Immediacy:** The practitioner addresses what is going on in the moment. This precludes having a strongly formulated agenda for a session.
6. **Warmth:** Warmth is often non-verbal, representing the quality of the heart. It is the natural result of the practitioner’s ability to respond soulfully.
7. **Self-Disclosure:** This is where the practitioner selectively shares her own feelings, attitudes and experiences to help the client. When used properly, self-disclosure can help the client to understand that he or she is not alone, that she does not have to feel ashamed, and that the practitioner has experience that relates to her needs.

Note that the natural enjoyment of talking about ourselves has to be closely monitored here. We have to maintain awareness that we are merely setting the stage for the session, not the main attraction.

8. **Concreteness:** Concreteness is about the ability to be specific to what the client is revealing or sharing.
9. **Confrontation:** On occasion, it is necessary for the practitioner, again in a neutral way, to point out discrepancies in:
 - a. What the client says and your experience of what he is experiencing
 - b. What the client says now and what you heard him say earlier
 - c. What the client says and his actions in every day life.
 - d. What the client says and the truth.
10. **Self-Actualization:** This is the healer with a commitment to growth, working through his or her own issues and consequently being more of service to others.

Reviewing these qualities, a soulful presence is clearly the key to understanding and using them appropriately. Our clients must always know that we have no hidden agendas or preconceived ideas of how the client should live her life.

B. MAINTAINING BOUNDARIES

It is important to maintain healthy boundaries between the practitioner and the client. Like many other professionals, holistic practitioners carry the responsibility of power; they are therefore entrusted as guardians for a client.

A holistic practitioner develops boundaries by focusing on the client, not on him- or herself (except when therapeutically helpful). The practitioner's verbal and nonverbal language should communicate a soulful respect of the client, along with creating a balance between listening and talking, pacing and leading, encouraging and confronting. To maintain respect, the practitioner and client need to keep appointments and arrive on time. The practitioner achieves balance by being soulfully present in the moment and being aware of his or her personal higher guidance.

A client relationship is friendly, but it is important to remember that it is not a traditional friendship. The practitioner is there for the client, in contrast to the give-and-receive sharing of a friendship. In exchange for this focused attention the client generally pays the therapist. These clear boundaries allow the client to have the practitioner's sole (and soul) attention to help her work through issues and embrace a higher awareness of herself. On the other hand, having relationships with clients outside of sessions can muddy the boundaries. This can be confusing, awkward, and misleading because different roles are created.

C. STEPS IN THE GROWTH PROCESS

All human beings are in a process of personal and spiritual growth. For most, this is occurring without much conscious participation. The focus may be largely on external events and external indications of success. Then the time comes when the desire to grow becomes more of a priority, or difficulties in the person's life circumstances make it necessary to bring more awareness to the inner aspects of life. This is where a holistic practitioner comes in. As mentioned in the Overview section of the Manual, there are three interrelated steps in the healing process:

CLEARING - INTEGRATING - ACTIVATING

We all experience a continuum of these processes, creating a kind of spiral of growth. Most of the time, clients come in for some clearing, or problem solving. When this occurs, there is a period of integration of the changes, which leads to the activation of a more expanded sense of self. In working with clients, it helps to understand where they are in this process. This provides a kind of map of where they will want to go next in their personal work.

For example, if the client has had a powerful clearing session, he may need more integrating and/or activating in the next session. It is also an important point that you can't have one without the other. It is not possible to continuously activate a more profound sense of the self without clearing the blockages that are in the way. Nor is it possible to continuously clear blockages without taking some time for integration and activation.

Other important points:

- The process of growth or healing is process of returning to wholeness. When clearing occurs, a stronger sense of this wholeness or connectedness with all things is activated.
- Activating is actually about reactivating our awareness of our true identity, of activating the soul's light within ourselves.

D. THERAPEUTIC PROCESSING

Now that we understand how to have an effective therapeutic approach and how the process of growth works, we come to processing. The following are some other points that relate to establishing and maintaining a healthy therapeutic relationship.

The Role of the Holistic EFT Practitioner

For most people, taking the role of a holistic practitioner is a new and sometimes scary experience. There are just a few things to keep in mind:

1. The role of the practitioner is simple: to provide an environment where clients can

come to a more profound sense of themselves. In most cases, with some guidance, clients can access the truth within them. Understanding one's role helps to eliminate any perceived need to "heal" the client -- they are responsible for healing themselves, at their own pace.

2. The practitioner is not a substitute for a physician, psychologist, or psychiatrist. It is advisable to have clients sign an agreement that describes your services, along with their responsibilities. If they have any conditions that require the assistance of a medical professional, they should take the responsibility of seeking medical help in addition to your services. A sample agreement is included in this manual.
3. The practitioner cannot change most of the external circumstances or other people in the client's life. You need to focus on the client's internal relationship to events and on the external circumstances that are under the direct control of the client.

The Session

Here are some general guidelines for optimizing the use of the processes.

1. Before proceeding with any clearing, establish good rapport and trust and work into therapeutic processes at the client's pace. Also understand that trust develops over time.
2. The client's agreement and comfort level with the techniques must be the first priority. To work with the therapeutic processes like the holistic process, spiritual plane communication, integrating subpersonalities, and so on, the client must be willing to do honest self-evaluation. If he or she is not comfortable with a technique, move on to something else.
3. The key to all therapeutic processes is the same:
 - Feelings are most important, because bringing in feelings deepens the process. Feeling, not thinking, is the key here.
 - Along with EFT and SK, transcend blockages by bringing more awareness to them and resolving them with client's inner wisdom. This awareness is more important than any technique.
 - The techniques are simply guidelines to allow clearing to occur, so relax and enjoy them. If you miss or change a "step," it is not the end of the world.
4. During a process, follow the client's lead, don't ever force. The client's inner wisdom knows where to go. The truth will be provided to the degree that the individual is ready for it.
5. Your role is simple: connect with your inner wisdom and follow the client's lead.
6. Regarding imagery, just acknowledge whatever comes up, even if it doesn't make sense. Don't analyze it. Let the client know it will become clear as the session unfolds and allow her inner wisdom to determine what it means.

7. If client says that he has had enough for the day, follow his lead and close. If energy needs positive suggestions and affirmations to closing about how the client receive more understanding over next few days, and so on.
8. At the end of a deep session, advise the client that the integration process will continue for a period of days or weeks and to be aware of needs for rest, water, exercise, and so on. Be sure the client is grounded before leaving.
9. Often people are transformed by deep therapeutic experiences. The most important point is to embrace the experience and bring understanding of the inner wisdom to it.

E. SUMMARY

Developing therapeutic relationships can be an enlightening experience for both the client and the practitioner. It can provide a deep sense of fulfillment by bringing out the best in both parties, allowing the client to discover unimagined inner resources and strength.

Also remember that it is your responsibility to understand and comply with all local laws and regulations that apply to having a professional practice using these techniques.

F. CLIENT INFORMATION (DISCLOSURE) FORM

On the following page is the Information/Disclosure Form we use with our clients. We recommend using a similar form that complies with all local laws and regulations in your area.

SAMPLE CLIENT INFORMATION FORM

In their personal consultations, Drs. Phillip and Jane Mountrose serve their clients as Ministers of Holistic Healing with Awakenings Institute. The focus of their consultations is on helping these clients to optimize their potential and realize their dreams and goals, through the integration of the body, emotions, mind, and spirit.

The exact nature of the services provided depends on the clients' stated goals and may include some or all of the following:

- **Physically**, services may include helping clients to create vibrant physical health and wellbeing.
- **Emotionally**, they may include helping the clients to clear stuck emotional patterns and open to a more joyful existence.
- **Mentally**, they may include helping clients to release limiting beliefs and negative attitudes and open to the freedom of their infinite potential.
- **Spiritually**, they may include helping clients to transform judgment to unconditional love, free their expression of themselves and their true divine purpose, clarify their higher vision and intuition, and open to an awareness of the soul and higher truth.

The Mountroses' holistic services generally include a combination of the following approaches:

- **Holistic Hypnotherapy**
- **Spiritual Counseling**
- **Holistic and Success Coaching**
- **EFT and Energetic Healing**
- **Holistic Support**

To facilitate integration, clients may also be taught the use of self-help techniques to assist in achieving goals and resolving issues.

These holistic services include methods used in support of the client's physical wellbeing and the care of the sick in accordance with the religious tenets of the Ministers. These methods are not intended to replace professional medical diagnosis and treatment, as Ministers of Holistic Healing are not licensed physicians. The Mountroses do not recommend substituting their services for professional services of a doctor, psychologist, or psychiatrist. The Client is advised to consult his or her medical health professional regarding any aspect of the consultation that relates to professional medical care.

I, the undersigned Client, acknowledge that I have been advised of the foregoing information, and that I have been given a copy of this "Client Information" form.

NAME

DATE