

Sacred Power

Grow Your Business & Your Client Skills with Integrity

Sacred Power Resource Sheet - Session 2

Support Client to Access their Own Agency

- In every interaction with your clients, you want to make sure you are creating a space where you are supporting your clients to Access their Own Agency
- What does Client Agency mean?

Clients Are:

- Empowered in their choices
- Empowered to have their own opinion
- Empowered in their actions
- Empowered to trust themselves
- Clients understand that you (the practitioner) do not have any power over them
- Clients understand that your opinions, ideas, thought are not more important, smarter, better or preferable to theirs
- Examples of NOT Allowing, or Limiting Client Agency
 - “Let me tell you what your problem is....”
 - More subtle – “You should”; “It would be best if you...”
 - The only way you’ll be able to X is if you Y
 - Even more subtle: A client wants to do something you don’t think is a good idea, for example: internet dating. Asking “What will the negative repercussions of internet dating be?” vs “What are the pros and cons of internet dating?”
 - “Do you want to stay at your job or leave your job?” vs. “What are your viable options?”
 - Providing answers before the client has had the opportunity to brainstorm and problem solve
 - Taking action for the client when they haven’t asked, or taking over-responsibility
- Foundational Principles of Supporting Clients to Access their Own Agency
 - You may have certain expertise, but your Client Always Knows What’s Best for Them
 - Journal: What might hold you back from believing (or believing in the moment) that your Client always knows what’s best for them?
 - Your Client is Always Whole & Complete Exactly As They Are

- Journal: In what ways are you not believing that your clients are Whole & Complete exactly as they are
- Being an Integrity and High Quality Practitioner means always Sharing Power with your Client
- Check Your Filters
- Some Tips/Language for Supporting Clients to Access their Own Agency

IMPORTANT: Always coach the what based on the WHO. Some situations will require this; some situations not. Each one is different.

- Does that resonate for you? (after Reflecting a Truth)
- Am I getting that right?
- I might not be understanding correctly, but what I think I hear you saying is...
- Let me know if you disagree...you know best
- Is this something you'd like to look at more deeply? (getting permission; getting consent)
- I am happy to share my opinion, and...your opinion is what matters most
- What feels right to you here? How do you feel about this?
- What are your intentions? (beginning of session; don't make assumptions!)
- What would you like to have happen in this situation? (again, don't make assumptions)
- This may just be my agenda, but what I really want for you here is...
- Watch for when you ask either/or questions: "Do you want to stay at your job or leave your job?" vs. "What are your viable options?"
- What kind of support would you like from me on this? Vs. Ok, so what we're going to do is....

Being a Trauma-Informed Practitioner

- Definition of being Trauma-Informed
 - Does not mean that we work directly to heal someone of their trauma (that's only in the scope of some practitioners)
 - What it DOES mean is that as practitioners, we are aware that ANY individual we connect with, client or otherwise, may have experienced trauma. We therefore understand the right and wrong ways to communicate and interact so that we don't re-trigger or cause harm.
 - Trauma Informed Practitioner also understands that anyone who comes from a background of bias has experienced a level of trauma in one way or another. Historical trauma is understood.
- Some Trauma-Informed Practices to consider with Clients
 - Pacing
 - What is the strategy and execution pace that is aligned for your client?

- Speaking of PACING, it's also important to think about the pacing of your session work with your client. You may want to go slower if you know that someone has had a lot of trauma in their past or when you are building your container
- Create Strong Containers
 - Rules, Agreements, Expectations. Maintaining Boundaries.
 - How you are holding the container energetically (including be aware of your own triggers)
 - Your rapport with your client. Trust. Trustworthiness is HUGE.
 - Transparency
- Consent & Getting Permission:
 - Do not:
 - Touch body without asking for any exercises
 - Say things like, "You MUST do this, this way..."
 - "I went ahead and did an energy check on you..."
 - Even something like, "Close your eyes" (vs, close your eyes or if you don't feel comfortable with that, close the shades on your eyes)
 - Can you hang on the line another 15 minutes? I've got the time (vs. just going longer without getting consent first)
- Be aware of the FEELING questions you ask
 - There are some feeling questions you want to avoid: Any variation of "How did it feel in your body when X (trauma) happened?"
- Remember the right to privacy: Do you want to tell me more about that?
 - Be mindful to not shame your client
- Journaling Questions to Explore:
 - What's the relationship between trauma and shame?
 - Whether you've experienced trauma or not, how does shame impact you? (inner and outer)
 - How can shame negatively impact a client container?
 - What are ways a practitioner might inadvertently shame their client?
 - Don't see your client as their "label": addict, abused child, etc.