

A photograph of three people working together at a table in a modern office setting. A woman with long dark hair and glasses is writing in a notebook. A man with glasses is looking at a document. A woman with curly hair is looking at a laptop. The text "COUNSELOR TOOLS & GUIDING STARS" is overlaid in large white letters, and "Part 1 of 3" is overlaid in smaller white letters below it.

COUNSELOR TOOLS & GUIDING STARS

Part 1 of 3



COUNSELOR TOOLS AND GUIDING STARS

- Let's take some time and highlight some of the practitioner tools we've been learning along the way, and add some new ones
- Tools are more than just tricks that we use to be effective - though they can be certainly just that -
- The tools we use are part of the overall philosophy of this work, they are symbolic of how we see our clients and their challenges
- The tools you've been learning are quite sufficient to do very meaningful and effective work with clients
- And, you will always learn more along the way as you dive deeper into your craft, see more clients, and continue your education
- Relax into what you know...



COMMIT TO YOUR CLIENT'S HIGHEST GOAL

- This is the gold standard for all the tools and guidelines that you possess
- This keeps you honest, in integrity with Life, with your client, and it actually helps us do the most effective work with clients
- Too many practitioners get lost in the smaller goals of their client, and therefore cannot see the big picture of a client's challenge
- This is not only a great professional practice, its a great **life** practice
- Yes, you ARE working on your client's smaller goals. That's the doorway. That's the focus. And, we use this as the starting point to see what will truly be most helpful to our client, to determine what they really need...
- Remember, just because a human says they want something, doesn't mean they need it, or that it is in alignment with their best interests, and with the wisdom of life...



LET GO OF FIXING

- If you don't want to get burned out working with people, and you don't want to take on their "energy" long after they leave your office, then please do this one simple thing: don't try to "fix" people
- Fixing is a strategy that sounds good, but is wildly ineffective, especially when it comes to working with eating challenges, and a majority of nutrition related health concerns
- We are not broken. We are whole humans, whole souls, doing our best to have a better experience in this world, and to learn the lessons life is teaching us
- The more broken we believe we are, the further away we are from any kind of peace and healing
- This is a contextual shift, a paradigm shift, a powerful and necessary reframe



RELAX INTO THE JOURNEY

- You are going on a journey with your client. It is filled with unknowns, questions, mysteries and uncertainties
- You can choose to stress and worry and be focused on fixing your client and making them all perfect, or you can relax and trust and do your job
- As always, this is as much a life skill as it is a professional one
- Your client is likely in stress and upset about their journey. You are here to model for them something different, something more effective
- You are trusting your client's journey, and at the same time, trusting in your own journey as a professional

WELCOME UNCERTAINTY

- The truth is, we don't always know the answers, we don't know what's next, and we don't quite know how things will work out, or indeed what a higher wisdom has in store for us
- This is especially true when it comes to our client's challenge or complaint
- There are so many uncertainties to deal with - what to do first with a client, what to say, what plan of action to take - and the more we relax into such unknowns, the more effective we will be, plain and simple...
- Welcoming and relaxing into uncertainty is a lifelong **practice**

CREATE A CONTAINER WITH YOUR CLIENT

- Metaphorically speaking, your task as a practitioner is to create an energetic container for your client of safety, listening, possibility, unconditional acceptance, and a celebration of their journey
- You are inviting your client into **your** worldview
- It's a worldview where food is a great teacher, where their challenge is a doorway, where there's always a brilliant reason for our unwanted symptoms or behaviors, and where exploration, experimentation, work, and practice are the keys for their healing and transformation, and where a deeper understanding is always our direction
- Vigorously hold this space, this understanding, this invisible container...

DEEPLY LISTEN

- One of the greatest nutritional deficiencies in this world is lack of Vitamin L - Listening...
- Chances are, one of the reasons that we have a challenging relationship with food, body or health is that at some point, we weren't really heard. No one quite knew how to listen to us. The result is we feel alone, misunderstood, isolated, and carrying around the deeper boo-boo of feeling unmet and unseen
- Listening by itself, for your client, is healing. Deeply listen to them. Value listening. Listen to their words, and beneath them...
- Have moments where you silence your own mind when you're with a client. Trust in listening...

CELEBRATE SUCCESSES

- One of the challenges that holds our clients back that they are generally not aware of is their inability to celebrate the small successes, the baby steps
- You must look to do this in virtually every session
- You are training your client in a way of thinking and living. When we are young, the adults around us are in charge of feedback, celebrations, and acknowledging our improvements. As we become adults, we must take the role over for ourselves
- You can find success even in your client's "failures"
- Acknowledgment of a small success paves the way for bigger ones...



MODEL UNCONDITIONAL ACCEPTANCE

- In this realm of eating psychology and our relationship with food and body, many people simply are in protest of who they are and what they look like. They are in a trap of “conditional love” - and the conditions for self love and self acceptance are often intense, perfectionist, impossible to achieve, and simply not a valid condition
- Such a trap can be lifelong - and it feels logical, legitimate, and true
- Our job is to accept our client no matter who they are and what they look like. We are not here to reward anyone for having a weight loss, a different body, or a healthier one...
- Yes, celebrate successes for sure, but always silently communicate to your client that they are lovable as who they are, right now...
- One of the important ways we learn is via modeling...



MAKE YOUR CLIENT “RIGHT”

- This means to always do your best to find the brilliant reason that's rooted somewhere in biology, psychology, or both - for why your client has the unwanted eating behavior that's challenging them
- We are doing our best to help people step out of self blame, self attack, and unwarranted fault - so they can understand their challenge on the most practical level, and begin to empower themselves into transformation
- This is a very effective and powerful approach that can yield some great “aha” moments for our clients

ACHIEVE THE END RESULTS IN THE BEGINNING

- This is a key, fundamental, can't-miss approach to use with any client
- It's truly a game changer
- It affirms that the road we take clearly informs the destination
- It helps people detoxify from one of the more powerful toxic beliefs - that happiness lives somewhere in the future when we finally are fixed, perfect, lose all the weight, have the right shape, eat the perfect foods, and on and on...
- This is what "the power of now" really means... we're asking people to stop putting happiness off into the future
- This works especially well for clients with any unwanted eating behavior or challenge, and any weight loss or body image concern...



ACHIEVE THE END RESULTS IN THE BEGINNING

CLIENTS WILL INITIALLY RESIST THIS NEW WAY OF BEING:

1. Educate them about this approach
2. Be clear, strong, and direct in your knowing that they must achieve the end results they want from their diet or health strategy NOW
3. Get specific with them, and explore what this can mean for each client
4. Don't waiver in any moment or any session



CREATE A LISTENING

- When you want to emphasize an important point, a key lesson, when you really want your client to hear something you have to say that feels like it can have a lot of power and impact, “create a listening” for them. This means:
- If I were your brother/sister, here’s what I’d say to you right now
- If I were your best friend, here’s what I’d say to you right now
- If I was your father/mother, here’s what I’d say to you right now
- If I was your son/daughter, here’s what I’d say to you right now
- Of course, please use whichever role is appropriate for the age and sex of you and your client...
- The key is to be sincere...

CREATE A LISTENING

- Make sure to truly speak from that place to your client
- Their listening will be completely different - they'll very likely drop in with you in a much more powerful and serious way
- Here's another one:
- "If this was a reality TV show, and I get to win 10 million dollars if I help you lose weight/stop overeating etc in a truly sustainable way - here's what I would tell you to do so I could have the best chance to win my money..."
- Or, "If this was my last session ever and I wanted it to be the best and most impactful session ever, here's what I would tell you..."

THE DIVINE MESSAGE

- Use your intuition here as to when and if to bring this up with a client
- Be playful and serious about this question at the same time:
- “If your challenge with XXXX had a divine message in it, if it was a whispering from your guardian angel, if there was an important lesson that life, the universe, a higher power, or God was trying to teach you, what do you think that would be?”
- Please don’t worry - you can’t really go wrong here. If your client doesn’t want to truly play with this great exploration, then just casually move on...

THE DIVINE MESSAGE

- It's fine if your client gets confused or caught off guard - this is a powerful and game changing question for many people. Encourage your client to think about this till next session and see what they come up with...
- This question lets your client know how you work and how you roll
- The answers are not always of utmost importance - for many people, just grappling with this question even if there are no clear answers is very instructional
- And, answers are often very enlightening...

HIGHLIGHT THE IMPACT OF SELF CHOSEN STRESS

- Be constant and clear in your message that any self chosen stressors, or places of excess stress, anxiety, worry, fear, judgment, rush, push, and force are powerfully inhibiting your client's health, weight and eating goals
- Let them know that their negative thoughts and toxic beliefs are powerful metabolic stressors
- Be empowering when you deliver this information. Be clear about the scientific mind cookies. Let your client know this is wisdom that's very practical & powerful
- Invoke the importance of the relaxation response
- Invoke the importance of relaxing into Life, relaxing into their health or food or weight challenge - not stressing into it

RECOMMEND BOOKS OR READINGS FOR CLIENTS:

- Some clients are readers, and appreciate suggestions
- This is about you tuning in to a client's needs and interests and making suggestions based upon books you have personally read and have perhaps even been meaningful for you
- So, recommend specific books for specific clients - don't just give a list
- Feel free to suggest any books on the reading lists from this training
- This can be an enjoyable part of your job - you can then discuss with your client what they are learning from their reading

RECOMMEND BOOKS OR READINGS FOR CLIENTS:

- For clients who want general reading about this work:
- *The Slow Down Diet*
- *Nourishing Wisdom*
- *The Gift of Our Compulsions*: is especially helpful for women who are fighting food, fighting appetite, hating their body, binge-eating, overeating...
- In general, any books by Dr. Mark Hyman are great reading with good research and information when it comes to health, nutrition, cooking

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THIS IS THE END OF
Counselor Tools & Guiding Stars - Part 1

PLEASE GO TO
Counselor Tools & Guiding Stars - Part 2

