

A photograph of three people working together at a long, light-colored table in a modern office or meeting room. On the left, a woman with long dark hair and glasses is writing in a notebook. In the center, a man with glasses is looking at a document. On the right, a woman with curly hair is also looking at a document. A laptop is open on the table, and there are glasses of water. Large windows in the background let in bright light.

COUNSELOR TOOLS & GUIDING STARS

Part 2 of 3



BE CONSISTENT ABOUT CLIENT'S KEY TNBS

- Toxic nutritional beliefs **must** be handled for a great number of clients if we are to truly help them get where they want to go
- Notice whenever your client's TNB shows up in their conversation with you, and point it out to them and remind them that this is the very thing they need to rigorously say goodbye to
- This happens after you have done an initial intellectual intervention
- "Food is the Enemy" - this one absolutely must be addressed - the practitioner must be a bull dog about constantly sniffing this out

NOTICE WHERE THE “ENERGY” IS FOR YOUR CLIENT

- It's our job, in the course of conversation, to notice where our client lights up, is inspired, has extra interest and passion, has “energy”
- On the flip side, it's also our job to notice where our client has some protest, upset, discomfort, has extra fear or resistance, has “energy”
- A client will often give this away with a combination facial expression, intonation change, body language, words, their “vibe”...
- Be curious when this shows up, as it can happen around any possible topic or life domain
- Where there's extra energy, there's often some action, some good places to work, some clues...

HELP CLIENTS ACCESS THEIR OWN RESOURCES

- You are one of the resources for your client
- Our client just about always has other resources, and these are often resources that they are not tapping into
- We are not here to do the job alone with our client - our task is to also help our client learn to identify and mobilize their own already existing resources when it comes to helping them with their food, body or health challenge
- Such resources can mean family, friends, a partner, local groups, local classes, and more...

EDUCATE YOUR CLIENT ABOUT DOING THE WORK

- Many people want to sit back and be fixed. They want change and transformation, but are not always aware that work is involved
- “Work” means work on self. Work means effort. Work means getting uncomfortable. Work means doing that which needs to be done. Work means focus. Work means looking in the mirror. Work might mean nutritional or lifestyle changes...
- Sometimes, we literally need to educate and coach our client up around the natural need and their willingness to do work
- If you allow your client to float, to be lazy, to stay in old habit around work - then your work with them will likely be frustrating and unsuccessful, and they will never truly make progress

EDUCATE YOUR CLIENT ABOUT PRACTICE

- Closely related to work, is practice
- “Practice” means doing certain activities, consistently, over time, as a way to improve and advance and eventually step into greater healing and awareness and self mastery
- Practice is, for many many clients, a requirement...
- It's about being serious and forthright around doing what we say we want to do. It's our job to enroll our client in practices that can have a real impact
- Examples: slow eating, monitoring negative self talk, staying present with food, eating in a relaxed state, letting go of judgment, taking the high road, receiving pleasure and nourishment from food, and so much more



COACH FROM THE ARCHETYPES

- When you coach, be you
- But please know that “you” is far more diverse, or can be, than you might have imagined
- There are so many personas, personalities, or archetypes to speak from. Begin to play more here, expand your repertoire, & experiment
- The more archetypes you can speak through, the more effective you can be in your work
- Some examples: best friend, mentor, teacher, mother, father, scientist, cheerleader, friendly disciplinarian, tough guy, noble reporter, and more...

PUT DEATH ON THE TABLE

- This is a great tool to help get more real, more open, more expansive
- This is particularly helpful for clients who are approximately 50 years old and up
- That's because many people are staying stuck in weight loss, weight worry, food worry, body image perfectionism... and it is clearly not getting them anywhere and they are wasting the remaining years of their life
- "How long do you want to live? Pick a number. And what exactly would make those years worth living? What is the rest of your life for? What's the game plan?"
- Have your client write an obituary - what did I learn about food, weight, body, health? Write from the perspective of someone on their deathbed who has lived life to the fullest, conquered all their demons, and healed their inner boo-boos...



PUT DEATH ON THE TABLE

“So, here’s my assessment Mr/Ms Client - you’re going to die, and we’re all going to die someday. No matter what diet you follow or how much you exercise, we’re all getting buried. Given that, how do you want to live your life? What’s important? What’s the purpose of eating right and being healthy? Is it useful to expend so much energy on dieting and weight loss? I know it’s important to you, and I really want to help you, but let’s put things in a bigger perspective. How long do you want to live? How do you want the rest of your life to look? What higher purpose can a good diet and a healthy body serve? What’s your gift to the world? Are you giving it?”



DEALING WITH A “STUCK” CLIENT

- Clients often come to us saying “I’m stuck”. For whatever reasons, they feel stuck around weight, stuck around food, stuck around an unwanted eating habit, and they are clearly **feeling** stuck
- People who feel stuck invariably feel confused and don’t know what to do next. Makes perfect sense...
- Suggestion - don’t buy into a client’s belief that they are stuck. Don’t assume that it’s your job to now get them unstuck. Being stuck is a fascinating self diagnosis that often needs a reframe...
- So, acknowledge your client’s state, their feeling, **and**, help them re-frame

DEALING WITH A “STUCK” CLIENT

- For such client's, help them understand that they aren't really stuck. They've reached **a plateau**
- **And plateaus are a fine place to be**
- This is especially important for weight loss clients - “stuck” often means that the wisdom of the body has decided that it's exactly where it needs to be
- For others who feel stuck in life, consider that they're just on hold. They're gestating. They're **incubating**. They're getting **ready for change**...
- When we affirm “I'm stuck” - then we indeed are. It's literally about making a perceptual shift, re-languaging...

DEALING WITH A “STUCK” CLIENT

- Have your client journal a re-storying experience: “Why am I incubating at this time? What is the wisdom of things being on hold? What lessons am I being asked to learn right now? What am I resisting in my life? How is there really a deeper wisdom going on, and that I am not truly stuck”
- Sometimes, people just get in a rut and need to mix things up. Find gentle ways to help move your client into a sense of opening - movement, exercise, social activity, travel, out-of-the-box activities
- Bottom line: the belief, the affirmation “I’m stuck” does more harm than the actual stuckness...

LET'S PUSH THE RESET BUTTON

- Oftentimes, client's fall off the map, or they lose momentum, or they get excited and then don't follow through, or they try their best to do their homework assignments but "fail", or they get stuck and don't do anything and feel bad about themselves, or they go into old habit and simply avoid what you asked them to do that they agreed to do...
- And all of this can be a huge **learning experience**
- Your job as the practitioner is to turn this into a positive. So yes, find out what got in the way, and also end up here:
- "I get that you tried your best. I get that things happen. I know your intentions are good. We can talk all day about why you couldn't do the homework, but let's use this as an opportunity to take a deep breath, and push the reset button. We're going to begin again, start fresh, and you're going to jump into the same homework this upcoming week from a new place. Are you on board?"



FREEING UP THE LOVE

- This is a fun and interesting place to go with a client
- Use your intuition...
- The assumption: Love is what so many people want on a deeper level. Humans want love, to be loved, to feel love, to give love, to make love, to feel some self love. But we often limit that love to some smaller definitions. "I'll have love if I'm thin, healthy, have the perfect diet or body..."
- Notice where love may be obstructed in your client's life, and help them explore freeing it. Is my client withholding love from a parent? A sibling? Their partner? Their kids? Someone from their past? Someone at work? Who are they in reaction to? Who are they judging?

FREEING UP THE LOVE

- It's your job to sniff out these answers based upon your conversations, what you noticed about your client, "where the energy is"...
- From there, invent strategies or homework assignments that move them in a new direction
- Examples - speaking truth, forgiving, honestly communicating, reaching out, risk taking, giving the thing you want to get, creating more intimacy and connection, taking the high road, letting go...
- Freeing up love in one area of life naturally frees up love in other areas, gets the juices flowing, and always yields a positive result



WHAT'S MY CLIENT'S POLARITY?

- This is a place to play and explore and practice
- Ask yourself, "What's my client's polarity?" What would you guesstimate is their percentage of masculine and feminine archetype?
- For male clients, the question to ask yourself is "Is my client calling for more of the masculine polarity, more of the feminine polarity, neither, both...? How can I help my male client step into more of his evolved masculine archetype?"
- For female clients, the question is "Is my client calling for more of the feminine polarity, more of the masculine polarity, neither, both...? How can I help my female client step into more of her evolved feminine archetype?"

DON'T OVER-EXPLAIN ABOUT HOW YOU WORK

- Oftentimes, we want our clients to know up front our philosophy, our deeper beliefs about eating psychology, and how we see things differently than others when it comes to food, body, weight, health and more...
- Please don't try to over-teach your client about your approach up front. It will likely confuse people and put you on the defensive...
- The idea is to slowly, gently, invite your client into your approach over time. Sneak them in...
- Be confident in what you know, while understanding that your client needs to proceed at their own pace. It's a dance...

CHECK IN WITH YOUR CLIENT AT ANY TIME

- This means during a session
- Practitioners can often get insecure, or simply not be sure how a client is doing in the moment, how things are landing for them, and where they are at with the work you are doing in the moment
- So, ask them. "Hey Mr/Ms Client - how is all this landing for you?"
- Or, "Hey Mr/Ms Client - how are you doing right now? Is this working for you? Does this make sense? Is this helpful? Are we moving in a good direction for you?"
- You can even ask this question if you know the flow is going good, just to get your client to acknowledge that this experience is indeed a good one for them

IF YOU WERE ME, WHAT WOULD YOU TELL YOU

- Sometimes, we really need to coach our client into accessing their own wisdom and insight
- Yes, you can give your advice and opinions and distinctions all session long, and that's a good thing. And, let's remember to make sure our client is growing up and can self resource:
- So in any given moment in a session, if your client automatically turns to you for advice or insight, every now and then put it right back in their court - "If you were me, what would you tell you right now?"
- Be playful. Make them work. See what they come up with, then offer your thoughts or advice...



YOU ARE THE CONDUCTOR OF THE SESSION

- Sometimes our clients can talk a lot. They have a lot to say. And that's great. But some clients need to be managed in terms of how much they are speaking, otherwise, they may leave you with little time to do some work...
- Please do not have even the tiniest bit of hesitation to conduct, manage, and be the leader in the conversation. You must determine when your client needs to stop venting and downloading - which is important for many clients - and casually intervene...
- You can literally interrupt them: "Hey Mr/Ms Client - **time out** for one moment. I'm just aware of our time and I really want to make sure we get to the things I'm wanting us to cover in this session. Make sense? So here's where I want to direct us..."

SOME FINAL MUSINGS

- Be professional with your clients, but at the same time, be yourself with them. Relax into being you
- Remember to enjoy the journey with clients, and to enjoy the relationship as best you can
- Never allow yourself to be afraid to lose a client. This helps ensure that you remain empowered, real, honest and in integrity
- You never need to overthink things
- Be willing to reach out to colleagues and peers to ask for help, advice, support and fresh ideas...

COUNSELOR TOOLS & GUIDING STARS

THIS IS THE END OF
Counselor Tools & Guiding Stars - Part 2

PLEASE GO TO
Counselor Tools & Guiding Stars - Part 3

