

A photograph of three people working together at a long table in a bright, modern office. 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 and a glass of water are on the table. Large windows in the background let in natural light.

COUNSELOR TOOLS & GUIDING STARS

Part 3 of 3



DEALING WITH SETBACKS

- This is such a predictable part of being human - setbacks !
- You can be sure that you will have many clients who indeed make great headway, and then at some point have a setback or two or three
- When it comes to our eating challenges and our relationship with food, far too many people see setbacks as something terrible, dire, and a sign that they have now erased all their good work and have fallen into a dark black hole
- In other words, we can easily turn setbacks onto something far worse than they actually are -

DEALING WITH SETBACKS

- Our job as practitioners is very clear and straightforward - always make sure you help your client reframe any setback from something “bad” into a great and important opportunity to grow and advance
- Help your client see that setbacks are normal, natural and they occur everywhere in nature and in life
- The best eaters, the best athletes, the best business people, the healthiest humans, etc all experience setbacks
- Many clients will especially think a setback is serious when it comes to overeating or emotional eating or binge eating
- Again, these aren’t so much “setbacks” as they are life doing its thing. No matter who we are, it’s very possible to lapse into eating too much -

DEALING WITH SETBACKS

- Coach your client to vigorously redefine a setback as this:
- An opportunity to stand by yourself
- An opportunity to not abandon yourself
- An opportunity to double down on self love and self forgiveness
- An opportunity to shorten the timeframe in which we would normally find ourselves self attacking, self loathing, self shaming
- An opportunity to mature ourselves, strengthen our sense of self, and practice what we know is best and true
- It's an opportunity to take the high road
- The more **you** can see setbacks in this way, the more help you can be to your client



DEALING WITH SETBACKS

- When it comes to a client who has successfully lost weight with your help, and then they go through a period of excess eating and weight gain, our job becomes even more important:
- Help your client see that this is an important growth opportunity for them. If they are freaking out, then they still have not truly found their center, their self respect, their inner dignity, their authority, their soul
- In other words, this is a big opportunity to stand by yourself, not go down into a black hole of self hate, and step into your Royalty
- Setbacks ask us to do some deeper work on self
- They are like finishing school, a deeper level of polishing & refinement



WHERE IS LIFE CALLING MY CLIENT

- This is a question that you can indeed ask of the universe, a higher power, on behalf of your client - **in every session**
- This is you the practitioner practicing your craft - it's you constantly tuning into a greater wisdom, opening yourself up to be a conduit for that wisdom, and really listening to see how you can help your client in their larger goal - as a way to help them with their smaller goal
- Intuition is a key ingredient in working with people in the realm of food, body and health. Asking this powerful question, in an ongoing way, keeps us listening and learning to use our intuition better and better

MAKE EVERY SESSION YOUR LAST

- This is a way for us as practitioners to better ourselves, push ourselves in a good way, and access our authentic and true self
- Pretend each session is your last on earth, and you want to go out giving the best session possible, the best session ever...
- Who would you be, what would you say, how would you conduct yourself, how would you speak with your client
- This is not about making the session “dramatic”
- It’s about making it real, dynamic, honest, and deeply thoughtful
- It’s about you tapping into a more timeless place in yourself and serving people from that place...



CALLING A CEASE-FIRE

- Oftentimes, our clients need a wake-up call
- They need the alarm to go off very loudly. They need a whack on the side of the head. They need to get their tree shaken a bit...
- With that in mind, notice your clients who are living in low self esteem around their body, who have a constant self attacking, self shaming inner dialogue. Some clients will identify that this is clearly the state of their inner world. With others, you have to learn to see that this is how they speak to themselves
- Your task is an intellectual intervention. You will be letting them know, in a firm, clear and decisive way, that it's time to call a cease fire -

CALLING A CEASE-FIRE

- “So Mr or Ms Client, here’s something I want to say to you to help you get exactly where you want to go. I’m on your team in a big way, and I want you to find peace with food and body. It’s time. Life is too short to live with unnecessary unhappiness. So here’s what you need to do, first and foremost: Call a cease fire. You have to call off the dogs. You relentlessly attack yourself with harmful words and judgments that are absolutely unfair and unkind. If any of your fiends talked to you like you talk to you in your head, they wouldn’t be your friends. You have to say “stop”. I’m serious here. You have to step up and make a choice. Stop being so mean and nasty. It doesn’t do you or anyone else any good whatsoever. Only you can call the cease fire. You’ve been punching yourself in the face every day, and it just keeps you in a lot of pain and drains your energy and gives you an invisible black eye. I don’t expect your cease fire to be a perfect one. Creating peace takes work. It takes vigilance. It takes commitment. It takes maturity. It’s a daily effort, that gets easier and easier as you gain momentum. So, how is all this landing for you?”



CALLING A CEASE-FIRE

- I will often have this conversation with a client in a first session if I notice they are gripped in self attack
- Speak from your heart, speak from your conviction
- Intellectual interventions are arguably the most powerful tools when it comes to the counseling and coaching fields. They are vastly underrated and under-used, if not ignored altogether
- Thinks of it as talking soul to soul with another human. You are having a conversation that matters. You are speaking from your teacher or mentor or spiritual guide archetype - but firmly
- Sometimes, we need to “reach into” someone’s inner world to truly assist them



CALL YOUR CLIENT INTO CONSCIOUSNESS

- This means to constantly notice when your client is taking the low road, when they are blaming of others, judging self or others, or sharing about any situation in life where you notice that they are not coming from a mature place, a place of good character, where they are not “in the light”
- Oftentimes, it’s your job to call you client into consciousness. Point out to them, in a direct and caring way, that “you can be so much better than that”, “there’s a place here where I think you really need a course correction - where you can take a better road, a higher road, and one that will actually take you where you want to go”
- Or, you can say “I have some advice I want to give you that I think could be really helpful. I’m going to be your big brother/big sister here for a moment and just tell it like I see it, because I think you have a great opportunity here...”

ALWAYS ASSUME YOUR CLIENT'S INTELLIGENCE

- Even though we are more trained than our clients in the realm of eating psychology & mind body nutrition, and even though we are the practitioner and they are the client, always assume your client is quite intelligent
- Assume your client can hear important truths and distinctions. Assume they will be open to what is just and good and can truly be of help to them. Assume they are fast learners...
- People will often surprise us, especially younger people
- And, remember that the truth spoken with love and consciousness is always heard, always noted, and is often "time released"...



USE YOUR CLIENT'S EXPERIENCE PROVE A POINT

- This is often the best way to prove a point
- Some examples:
- "Have you ever met someone who has the ideal body and looks and is still unhappy and dissatisfied?"
- "Have you ever met anyone who eats perfect all the time, never overeats, never binge eats, never emotionally eats?"
- "Have you ever had any kind of experience in life where your constant self attack and self judging thoughts somehow created the ideal and happy outcome that you were trying to achieve? Is that how you would teach a young person to create a successful outcome?"

LET YOUR CLIENT HAVE THEIR EXPERIENCE

- Head's up. Many practitioners, especially beginning ones, have a tendency to want to make things all better for everyone. They're helpers in the true sense of the word. They care. They don't want to see people in pain and suffering. And that's great
- However, this same subgroup of people often believe it's their job to make people feel better, to take them out of pain and discomfort, and to make everything nice...
- We must learn to let people have their experience before we try to take it away from them. Sometimes people are in discomfort. Sometimes they are angry, upset, confused, uncertain, hurting - and they simply need to be in that experience without us rescuing them in the moment
- Sometimes, we need to "witness" people as they go through their difficulties rather than try to take away their difficulty - which we cannot do anyways...

PUT THINGS ON HOLD, THEN CIRCLE BACK

- Oftentimes with a client, we will notice a very juicy place where we can work with them. A ripe place. An obvious place that may be calling for attention, that catches our attention
- At the same time, timing is everything
- Meaning sometimes, a client isn't ready for certain insights or certain conversations. Or the relationship simply isn't ready for it yet. More trust and familiarity needs to be built
- So, it's fine to simply notice these, put things on hold, and circle back at a future time when your intuition and smarts tell you that now's the time
- Patience...

INVOKE YOUR CLIENT'S SPIRITUALITY & RELIGION

- At some point, find out your client's religion. Their spiritual leanings, whatever it may be. Feel free to be curious here, and really learn about this part of their life, while directly or energetically letting them know you aren't judging them or pigeonholing them. You're just fascinated by the topic and want to learn more about them - and hopefully, this is true for you...
- Then, notice any opportunity you might have to call upon your client's religious/spiritual beliefs in a place where they are not practicing what they preach, or practicing what they say they believe in
- "What would Jesus do?"
- "Is that how God wants you to go about treating yourself?"
- "Isn't that a good time to pray instead of speak unkindly to yourself?"
- "Don't you think God has a better plan for you than that?"
- "If one of God's special angels was whispering in your ear right now, what they be saying to you?"



BE WILLING TO GIVE YOUR STRONG OPINION /ADVICE

- Sometimes as the practitioner, you will have some strong feelings, strong opinions, strong ideas that really pop for you
- Notice them, consider them, see if you are being a good clear channel, and check in with yourself to see if your strong opinion or advice needs to be heard
- If so, feel free to give it from a place of strength - without overpowering your client or making it about you
- "There's something I feel free pretty strong and clear about that I want to share with you here..."

ENCOURAGE CONSCIOUS COMMUNITY

- Our clients often need to be around people who can uplift them, inspire them, help them be better people
- Conscious Community means people who are like minded, like hearted, on your same soul plane, a similar path or journey - people support us in where we are headed
- In other words, your client often needs more than just you
- This can often mean letting go of friends, relationships, that no longer enhance our journey
- Encourage finding or creating a support group, classes, meetings...

ASSUME YOUNG PEOPLE DON'T HAVE A PROBLEM

- For clients about 15 and under, assume they don't have a problem - their parents do, and society does
- Don't focus too hard on "fixing" young people. Let them know they are dealing with a difficult to navigate world, so it makes perfect sense that they would have the challenge that they do
- We cannot legitimately help a young person if we think they have an issue, period. They are the product of their upbringing and environment. Trying to fix them is a further affront to their soul. Yes, they hold the issues that they hold. But be careful not to exclusively focus on them
- For young people, be their advocate, be their ally 100% and let them know the problem starts in their world, not in them...



FOR WOMEN 40 AND OVER: QUEEN THEM

- If they aren't on the Queen program, forget about truly and sustainably helping them with their concerns around food and body...
- We've got to be in alignment with the life stage that we're actually in
- Humans can commonly get locked into an early archetypal stage (princess/prince) which can lead to symptom, disease, unwanted behavior, and stunted personal and character growth
- The good news is, this can be very quickly turned around
- And especially for women...

FOR MEN 40 AND OVER: KING THEM

- Too many men have a challenge in this day and age making the full transition from prince to king
- The world, culture, simply doesn't support or encourage this natural progression and development
- Men have a different and often less obvious set of challenges go deal with in making this transition
- As always, by stepping into our age appropriate archetype, only good things can happen...

ALWAYS DEFOCUS ON FOOD AMOUNT & APPETITE

- Most people are conditioned to think their eating concerns center around appetite as the enemy, and food & its amount as the enemy. This is a profound mistake, a toxic belief, and a waste of life energy...
- This approach hasn't gotten us anywhere
- Please remember that your client's fears around these are completely unwarranted and you need never buy into their anxiety
- That's because food amount & appetite are really all about eating speed, stress state eating, meal timing, macronutrient balance, pleasure, nourishment, awareness, food quality, toxic nutritional beliefs etc

WHAT WANTS TO HAPPEN...

- If you feel uncertain in a session and unsure where to go next, it can be helpful to ask yourself a powerful question, silently, and hold that question while you relax, keep doing your best, and await some answer or insight
- Some good questions to ask at the beginning of a session or anytime during are:
- What wants to happen in this session?
- What wants to happen in this moment?
- This is all about you the practitioner partnering with an invisible intelligence, and learning to relax in the face of uncertainty

WORKING WITH “COMPLAINTS”

- Assumption: Humans often complain. Seems normal and fine, and it is. With clients, their strong, consistent, outstanding complaints often show us the places where they are restricted, blocked, in reaction, and not evolving. Constant complaint often results in the flow of personal growth and our metabolic potential being obstructed...
- Think of strong complaints from your clients: around family, money, boss, my body, my husband, my kids, my wife, my neighbor - as an indicator that work is wanting to be done in that area. By massaging the complaint, exploring it, we can liberate metabolic and transformational energy. Behind every complaint is an unfulfilled desire
- Help your client discover the desire that's masked by the complaint
- Heads up: sometimes, the opposite is true - a client is withholding a complaint, which also obstructs energy



IDENTIFY & CONFIRM THE OBVIOUS

- This is a simple tool in counseling/coaching to make the work stronger, better and to help ensure that our client knows we are actually listening and truly on board with them
- So, at various times in a given session, sprinkle in comments such as:
- “I get it, you’re really upset about that...”
- “Wow, I’d feel the same way if that happened to me...”
- “You really **are** in a pretty difficult situation...”
- “That makes total sense to me”
- “I think just about anyone would be upset if that happened to them...”

WOMEN & PRAISE

- Praise works big time for women clients. Give it generously...
- "You look so much happier"
- "You have such a glow"
- "You don't realize how fast you're actually progressing"
- "You're really courageous"
- "I'm really impressed with how you've been doing the work"
- "Given what you've been through, I think you've done pretty amazing"

MEN & CHALLENGE

- Challenge works well for men. Give it generously...
- "I know you can do better than that"
- "This is your chance to step up and rise to the occasion"
- "You can't give up that easily"
- "You're so much better than that - don't you think"
- "I really want to see you handle this in a whole new way"
- "It's time to step into your power here. And only you can make that happen..."

COUNSELOR TOOLS & GUIDING STARS



Believe in a Higher Wisdom:
Trust that your client is with you
for a very good reason



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