



WAYS OF BEING

What we SAY when we are counseling people is only as effective as HOW WE ARE with them.

Ways of Being are the foundational attitudes or stances that underpin all truly helpful counseling. They are not something we achieve, rather they are lifelong practices.

Asymmetry:

Staying focused on the person we are helping, without desire for reciprocal attention.



Authenticity:

Being ourselves as counselors; doing our own personal growth work.



Know-nothing Mind:

Holding very loosely to our opinions of what others 'should' do. Trusting others' wisdom about themselves.

Mindful Presence:

Being mindfully present, in the moment with the person we are helping; avoiding multi-tasking.



Non-judgment:

An attitude of unconditional empathy and acceptance.

Unconditional Positive Regard:

Holding a steady view of people we are helping as lovable, doing the best they can.

