

## **The Healer/Counselor-Client Relationship**

During a session with a healer and/or metaphysical counselor, many people experience some things that they have never truly experienced before: complete, total acceptance for who they ARE; validation of their wants, needs, and feelings; the ability to talk with someone about feelings, experiences, and ideas that they do not feel they can share with others; and the knowledge that finally, someone UNDERSTANDS. The healer may also assist their body to release pain and illness, provide them with spiritual wisdom about their totems, guides, and/or their purpose in this lifetime, interpret their dreams, and/or answer other specific needs. This is the experience that I strive to create for each of my clients every time we work together, but this is only possible if particular boundaries are maintained.

While I feel the deepest love and respect for each and every one of my clients, and it is my foremost desire that they become their healthiest, happiest, most deeply fulfilled selves, I am not here to be a casual, between-sessions conversation-partner (even when your intention is just to “chat” about spiritual matters), nor am I here to provide continued free guidance whenever it is needed. To be my very best self for YOU, the client, it is necessary that our work together occur ONLY during a formal session. Otherwise, there is the risk of my becoming too involved in your life to be able to be entirely non-judgmental, which compromises my ability to accurately hear my intuition where you are concerned.

Too, clients sometimes view their healer as a constant source of free support and encouragement, and then begin relying on them to provide this, rather than realizing the end-goal of all healing, which is to be one’s OWN source of support and encouragement. In other words, I am here to show you how to be your OWN healer and counselor, not to provide this as a constant unpaid service.

While it can be difficult for clients to hear, our relationship is *not* a friendship. We are professional partners in facilitating your spiritual, emotional, and physical wellbeing. This means that you do not ever have to do, say, or be ANYTHING other than exactly who and what you are; I will give you my best effort and 100% of my love and attention during our sessions together, JUST BECAUSE YOU HAVE TRUSTED ME WITH YOUR JOURNEY, and not because you have pleased me, supported me, provided me with information about subjects you believe are meaningful to me, or otherwise done anything to persuade me to be there for you. There is nothing you can say, do, be, or share with me that would make me give you more or give you less. Too, while I care deeply about my clients, and I take great joy in laughing and chatting with you during the course of our work, remaining absolutely nonjudgmental and speaking the absolute truth about you or your situation is more difficult if I am concerned about how such things would affect a personal relationship with you. To be fully impartial, there needs to be some distance between us. Therefore, your role here is simply to be the very best client you can be, to take your healing seriously, and to enjoy the process of our work together, knowing I will always be the very best healer and counselor that I can be for you.

With this in mind, please understand that BECAUSE I love and respect you as my client, that anything to do with your physical healing, mental/emotional wellness, and/or spiritual growth will be discussed ONLY during a formal session, and not via e-mail messages, texts, or between-session phone calls. If there are experiences about which you want my feedback, but you are not ready to schedule a session, keep a record of them, and then bring them up during your next session. I will be delighted to discuss them with you then!

For the sake of clarity, what follows is a list of Do's/Do Not's to help you better understand the healer/counselor-client relationship.

**Please DO:**

1. Feel free to send an e-mail with your thanks, if you feel moved to do so. I always enjoy knowing that our work together was of benefit to you, but please keep in mind that you will probably not receive a response. My belief about “thank you’s” is that they are a gift to be given without strings attached, and that expecting/needing a response defeats the purpose of the original message. Similarly, you are welcome to send me updates on your progress, but again, please do not take it personally if you do not receive a response from me. Though I am positively thrilled to know that you are progressing as a result of our work together, I see hundreds of clients each year and simply do not have time to write a personal response to each message I receive in this regard. I will whole-heartedly celebrate your successes with you during your next session.

2. Offer to write a testimonial to share on my webpage. If you are truly wanting to “do” something as a show of thanks, this is the way that is most meaningful for me. If you are interested in doing this, just send me an e-mail letting me know, and I will send you instructions.

3. Ask questions about services I offer that may differ from ones you received during our first session. If you would like to know if I do something in particular, I am happy to answer this for you. However, I would first ask that you review the videos on the Services tab on my webpage and read the FAQ page, as your answer may be found there.

3. Refer your friends, family, or co-workers to me. This is also deeply appreciated!

4. Feel free to contact me at any time to schedule follow-up work. Follow-up sessions can be as long or short as you please, from 10 minutes to 3+ hours. Scheduling is simple: Just send me an e-mail telling me that you are ready for another session, and I will send you available days/times, followed by a confirmation page, just as I did at the time of your first session. I do not need to know in advance what you would like to talk about or work on in your next session unless 1) You are ill, or are experiencing a new or worsening physical or mental ailment, 2) You are experiencing the presence of a new totem or possible spirit guide, or 3) You are wanting my assistance to help you make a decision for which there is a rapidly approaching deadline. If these are occurring for you, please tell me. Please do not send me any other information about your circumstances

prior to your session unless I ask for it, as this interferes with my providing a completely intuitive response.

5. Take notes or purchase a recording of your session. Having good notes or a recording is an excellent way of tapping back into the sense of empowerment and encouragement that you experienced during your session. This is like giving yourself a booster-shot in between sessions, and when you do this, you may realize that you don't actually need my assistance at that moment after all. Go you!

**Please DO NOT:**

1. Send me photographs, videos, artwork, or music that you have created. Remember, I am not here to be a source of approval for your creations, but to teach you how to approve of YOURSELF. When I receive these things, I delete them.

2. Send me suggestions about books or music you think I would like, photos you've enjoyed, or videos or movies that you think I should watch. I will delete these as well.

3. Send me updates about your progress if you are attached to receiving my praise, encouragement, or further guidance in reply. While I really do love hearing how well my clients are doing, I do not respond to these e-mails unless they also include a serious request to set up another session. I am a **professional resource** who provides a paid service, not a presumed source of approval, friendship, or support.

4. Send me lists of things you wish to discuss in your next session, or details of spiritual experiences you've had between sessions. Intuition functions best when it is invoked on the spot, as between the time you message me and the time your session occurs, any number of factors may have changed! Too, I have many clients besides yourself, and the focus necessary to get an intuitive read on your issues distracts me from being fully present with the other clients with whom I am working that day. I will be at my absolute best for you when I am focused on you and you only, and when I can work with what is true for you at THAT moment. With this in mind, unless you are letting me know about changes in your health, new animal experiences, or that you're on a deadline for a decision with which you need my help, please wait until we talk to let me know what it is that you are wanting to work on or to share details of your spiritual experiences (and if you are concerned about forgetting these items, write them down, and keep them in a notebook).

5. Send me e-mails asking how I am doing. This implies a relationship that again, is not conducive to the type of work that I am here to do with you.