

Foundational Beliefs About Helping Others

01.

Empathy is healing; an empathic relationship is the foundation for all counseling theories and techniques.

02.

Judgment, bias, stigma, and shame are harmful. We continually work to mitigate these in ourselves.

03.

People are self-healing.

04.

People know what's best for themselves; we are not experts on what is best for others.

07.

Our role is to create and nurture an empathic sphere in which others can share deeply, self-reflect, clarify what's important to them, appreciate their unique strengths and values, and resolve or make peace with difficulties and suffering in life.

05.

We can't "fix" others. Trying to do so often wounds the relationship, wears out helpers, can lead to "othering," and sends the very faulty message that the helper is the hero.

08.

The more we grow, the more helpful we can be to others.

06.

We are not the heroes. The people we help are the heroes of their lives.

10.

Humility, continual learning, practice and consultation within a supportive environment ensure safety.

09.

We do not have to disclose our similar, lived experiences for those experiences to be helpful to others.

