

Sustaining Energy in A Helping Profession

...requires that the therapist:

- is balanced and relaxed (relaxation)
- is receiving as much as giving (nourishment)
- has good boundaries (codependency)
- stays in touch with self (mindfulness)
- stays present and in the present
- appreciates whatever happens
- trusts the client's "core self"
- has faith in a Higher Power

... is difficult if the therapist:

- works hard to make something happen
- feels responsible for the client
- questions, advises, explains, worries excessively
- ignores own body, feelings, needs
- avoids certain issues, feelings
- has a need to do it "right", understand, fix, know
- has a need to be liked, accepted, believed
- feels unsupported, hopeless, helpless
- is operating with one or more of the four universal addictions:

(intensity - low tolerance for boredom;

perfection - low tolerance for mistakes or vulnerability;

the **need to know** - low tolerance for the unexpected;

what's not working - negativity)