AARM Self-Assessment

Take ten minutes to fill out the profile below

Instructions:
For each item, please rate yourself according to the following scale:

1 Never
2 Occasionally
3 Sometimes
4 Regularly, But Not Always
5 Most of the Time

Section A

Regular Presence - Interpersonal & Intrapersonal or Right Hemisphere (RH) to Right Hemisphere Connection

_____1. Awareness: The therapist brings highly focused attention to the encounter.

_____2. Immediacy: The therapist seems to be fully in the moment.

_____3. Silence: The therapist is able to be silent whether the client is talking or not.

_____4. Internal Focus: The therapist uses his/her own internal experience as a referent.

_____5. Internal Focus: The therapist’s awareness and energy is centered in his/her heart, rather than head.

_____6. Attunement: The therapist is profoundly aware of the client’s experience, including his/her state, pace and felt sense.

_____7. Empathy: The therapist is deeply reflective of the client’s experience.

_____8. Responsiveness: The therapist allows him/herself to be affected and adapts his expression and behavior to the client’s experience.

_____9. Non-verbal communication: The therapist engages with the client at pre-conceptual levels.

Interpersonal and Intrapersonal Presence

SECTION A TOTAL: 1’s_______; 2’s_______; 3’s_______; 4’s_______; 5’s_______
Section B

Transpersonal Presence - Still RH to RH (These measures represent the intuitive therapist)

___1. Reverence: The therapist regards the client, the space, and the process of therapy as sacred.

___2. Embodiment: Through using/his/her own physical experience as a referent a kinesthetic rapport is established with client’s felt sense.

___3. Resonance: There is an energetic connection that transcends the ordinary self-other boundary.

___4. Intuition: The therapist seems to perceive differently or receive information in non-ordinary ways.

___5. Field: Both therapist and client are accessing and participating in a realm of experience that is somehow greater than a dyad.

___6. Healing: The effects on the client go beyond reducing suffering or improving functioning, but include transformation of the whole person.

Transpersonal Presence

SECTION B TOTAL: 1’s_______; 2’s_______; 3’s_______; 4’s_______; 5’s_______

Section C

Transpersonal Presence – Quotes from a Case Study

Indicate if / how often you have had similar experience with clients as expressed in the following quotes from a case study.

___1. Reverence: “There is something in his reactions…it’s a greater reverence…for the person who’s sitting across from him…”

___2. Intuition: “You the therapist] connect with the client on an electromagnetic level where you’re able to perceive shifting energy in the body with minimal facial expression…”
3. Energetic Connection Field “…that’s a really powerful moment…where you really feel like you are inviting something transpersonal and …you’re connected…you sort of flow into each other and start whirling around somewhere in the middle…”

4. Something Greater: “…That closing of the eyes feels like a bubble around (us) …that is more encompassing…bigger…”

SECTION C TOTAL: 1’s_______; 2’s_______; 3’s_______; 4’s_______; 5’s_______

Overall Assessment

Instruction: Please total the answers by grouping numerical responses from each section; i.e., Out of 100, I scored 22 “1’s”, 54 “2’s”, etc..

TOTAL: 1’s_______; 2’s_______; 3’s_______; 4’s_______; 5’s_______

Scoring

We offer the following categories as a basic gauge for assessing one’s relational style compatibility for working with the AARM healing modality.

Scores: 19 - 95

(19 - 44) Unfamiliar
Implies a larger learning curve for learning and acquiring the recommended attributes for working within the relational norms of the AARM.

(45 – 70) Familiar
Implies practitioner is familiar with and already employing many key attributes within the relational norms of the AARM.

(71 – 95) Strong
Implies a strong aptitude for working within the relational norms of the AARM.