

Empowerment Sessions with Clients

Self-Evaluation

The purpose of this process is to increase self-awareness and improve your therapeutic presence and skills. For the first year of practice, it's helpful to do a self-assessment after every session. To preserve safety, it is critically important that you notice your triggers and judgments.

1. **CELEBRATIONS** – What actions or responses of yours were likely therapeutic? What were moments of connection with your client?
2. **MOURNINGS** – What actions or responses of yours seemed to have resulted in disconnection, even if briefly? What would you like to do differently in the future?
3. **TRIGGERS** – Were there things your client said that left you feeling angry, resentful, depressed, guilty, ashamed, afraid, and/or anxious? Did you experience defensiveness, envy, self-aggrandizement, or competitiveness? If so, what did your client say that stimulated these feelings? Does this relate to past trauma or painful situations in your life? What are your unmet needs?
4. **CONDITIONAL ACCEPTANCE** – Were there moments that gave rise to judgment or rejection in you? What did your client say? What are your unmet needs? Were you able to simply notice, or did you judge yourself for judging your client? Or did you justify your judgment?
5. **GROWING EDGES** – What are the areas of learning regarding your Empowerment practice?

6. **PRIVILEGE**– Did you gain any new awareness about advantages of yours in relation to your client? Did this deepen empathy for them?

7. **INSIGHTS** – What did you learn about yourself that is not covered above?

8. **GLIMMERS** – Were there moments in which you expressed yourself with genuineness and vulnerability during the session? Were there interactions with your client that moved you and met your needs for inspiration, care, compassion, gratitude or love.