**Jim Quinn’s Psychotherapy Aide-Memoire**

1.      Greet your client with energized presence. The interaction you are about to enter into with your client is well set with genuine positive regard immediately at the beginning of your session, as per the direction of Carl R. Rogers (1957).

2.      Begin where the client is at. This meeting is for your client, set the agenda with the direction and guidance of your client. If using a protocol, show the protocol to your client and ask them if they would like to make any adjustments. Knowing and utilizing the Solution Focused stance of counselling is ideal to make this happen, as Frederike Bannink (2006) illustrates in her book *1001 Solution Focused Questions.*

3.      Proceed to where your client would like to be. Build a map using your client’s direction. *“To attain any assured knowledge about the soul is one of the most difficult things in the world”* (Aristotle, n.d., online).

4.      Be patient. The best goal in therapy is to be with your client in regard to where they are and where they would like to head. Christine Padesky (1993) reminds us that the best questions in therapy are those that lead to the best answers for your client and these are found through utilization of the answers and findings gained by your client. “*Don't demand that things happen as you wish, but wish that they happen as they do happen, and you will go on well*” (Epictetus, n.d., online).

5.      Be genuinely curious; developing mindfulness skills is very helpful in this regard; the *Miracle of Mindfulness* written by Hanh (1976) provides great description of mindfulness. Dr. Jill Bolte Taylor affirms that human beings wish to be heard and being heard is curative in and of itself: *“emotions heal when they are heard and validated”* (Bolte Taylor, 2008, online).

6.Listen with your ears, heart, soul and gut. Remember Irvin Yalom’s (2017) dictum that your-self as a therapist is akin to a finely tuned musical instrument. Daniel Siegel (2011) reminds us that there is great benefit of bringing our complete presence to therapy and that our gut instincts are important to listen to. “*Although many of us may think of ourselves as thinking creatures that feel, biologically we are feeling creatures that think”* (Bolte Taylor, 2008, online).

7.      Share your impressions with your client, Irvin Yalom (2017) reminds us that as much as you are interviewing your client, your client is interviewing you as well. Yalom (2017) also reminds us that the use of the ‘here and now’ in therapy is of critical importance for use in therapy itself.

8.      Be genuine and real. Use energy, enthusiasm, humour, metaphor, wit, analogy and story-telling; human beings are not robots, be genuine, real and human.

9.      Embrace humour. Humour deeply connects us to the experience of being truly human.

10.  Keep in mind that the counselling session is but a check in, pit stop, during the ebb and flow of the rest of life. The content of the counselling session is best when it allows your client to better meet their challenges in life noted through the concerns they illustrate in therapy; work with the affirmation that change is only possible with application and work towards goals that allow your client to attenuate their lived concerns, directly in their lived experience.

11.Continuously seek, in regards the value of genuine seeking itself, since it is being with your client during the seeking process, in being genuinely curious in a non-judgemental, truly mindful manner, that your client will learn such skills. The role modelling you provide in therapy is important and your client can learn this from you. “*“No star is ever lost we once have seen, We always may be what we might have been”* (Procter, 1861, online).

12.  Be simple as possible, complex ideas can cloud the simple, boil down ideas, work to discover ideas through your client’s perspective. Life is most often best found when actively seeking while insuring true presence is occurring. Remember that clients find most value during times when they receive your “positive supportive statements” (Yalom, 2017, online) and extend to them positive regard in a positive way as per the direction of Rogers (1957).

13.Be humble and be human. Irvin Yalom (2017) affirms that a counselling session is the meeting of two human beings and you are one of them. *“Do not seek to follow in the footsteps of the wise; seek what they sought”* (Bashō, n.d., online).

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