

## Therapeutic Presence

Therapist is fully grounded in the present with while attuning to both the client's and one's own moment to moment experiences. Therapeutic Presence is fundamental to a safe and effective therapeutic relationship, and creates conditions for healing.

### STEPS WE CAN TAKE



#### DAILY LIFE

Engage in activities that build our Window of Tolerance

Attend to your own and other's moment to moment experience

Integrate:

- Yoga
- Mindful Self-Compassion
- Forest Bathing
- Meditation
- Mindful Self-Care

#### Preparation Phase

Give yourself 5 minutes to connect to yourself and present moment prior to the session.

Integrate:

- Brief Meditation - Grounded
- Stretching
- Breath Work
- Have a Calming Beverage/Snack

Establish an intention for presence:

"I am here and ready to be a compassionate and present facilitator of [client name] healing work today"



#### WITHIN SESSION

Mindfully attune to your client-attend to their verbal and nonverbal reactions. Notice your own nervous system and bodily responses and tune into shifts. Ask yourself if these shifts are about you or about something going on inside your client.

Modify breathing to ensure your own calm, regulated presence and to co-regulate with clients

#### After/Between Sessions

Allow yourself a few extra minutes between sessions.

Let go of what occurred with one client so that you can be fully open and present for the next client.

Use breath work to release what came up with one client and create space to meet your next client's needs.

Other options include stretching, movement, or listening to music that allows you to let go and be in the present moment.

Transition with a gratitude statement such as:

"I am grateful for the opportunity to be present for each of my client's as they grow and heal"



**"A way of being with client that optimizes the doing of therapy"**

(Geller, 2017, 2020)