

Spirit, Soul & Bottom Line

WORKBOOK APPENDIX



PERSONAL BOUNDARIES

Spiritual Integration Coaching

Creating Healthy Boundaries

Creating healthy boundaries with yourself and others becomes even more critical when you decide to work in a profession that places you in a position that could influence someone's emotional, mental, physical, and spiritual well-being.

Working with clients in any niche requires healthy boundaries. This is especially true for spiritual emergence clients.

SE clients are potentially more open to the non-linear spiritual realms than other clients. And, they may not be capable of setting healthy boundaries with the energies they may bring into sessions.

Review your grounding, boundaries, and ability to take empowered action in the following areas:

- Physical energy (sleep, diet, exercise)
 - Helps with focus
 - Supports a strong central nervous system
 - Supports awareness without being overly sensitive
 - Ground the energy through the vagina for women and the perineum for men. This prevents your energy from being manipulated by others as you ground the energy into the earth.
- Safe, clean spiritual space (smudging, prayers, invocation, candles)
 - Keeps space higher vibrational
 - Sets up spiritual protection from spiritual masters, saviors, guru
- Quiet mind in session (free from distraction, non-judgment, and no agenda)
 - Meditate or pray before the session
 - Do energy clearing work on self before the session
 - Do your research for clients before the session if necessary
- Aura protection
 - Use a breathing practice to surround your aura with white and gold light.
 - You may choose to use layers of light depending on the client. I always suggest using gold and white light and adding a third color light such as green for healing, pink for self-love, blue for communication, orange for setting sexual boundaries, yellow for the synthesis of knowledge, and brown for grounding.

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Creating Healthy Boundaries

- Healthy boundaries around client communication
 - Ensure your policy and procedure communicate how you want clients to connect with you between sessions, how to make appointments, and when you take calls and texts.
- Hold yourself accountable for your own well-being
 - Get coaching/therapy when you hit a sticky spot in your personal and professional life.
 - Find a spiritual guidance director or spiritual mentor to support you with your own spiritual development
 - Obtain continuing coaching education to support your learning and to learn new techniques to support your clients.
 - Hire a coaching supervisor to discuss cases
- Know that working with spiritual emergence clients may open you up to additional energies and be prepared to be extra diligent in preparing for your sessions.



WHEN TO REFER

Spiritual Integration Coaching

When and How to Refer to Therapists or Other Helping Professionals

Coaching holds clients accountable and responsible for their results and their ability to engage in the coaching process. When clients cannot demonstrate accountability or responsibility by making excuses, showing a level of instability, hysterics, or other conditions listed below, they need to be referred to support their process. Attempts to work with these types of client behaviors without support can cause additional emotional and mental harm to your clients.

It is important to note that some clients will come in with very tightly woven patterns that need therapy to get untangled. They need to be referred if they won't go into the tight spots to be coached on the issue, or you are pushing them to go there.

If a client comes to you with any of these experiences and does not want to see a counselor, find out their history with therapists and why they do not want to go back. You must, as a coach, have a resource referral directory of professionals you personally feel comfortable referring clients to for these types of issues. If possible, develop a working relationship with therapists who understand the value of working in tandem with coaches. This will help your clients succeed in their empowerment and healing journey by creating reasonable goals for their level of development to create forward momentum while they are working with their therapist.

I personally explain to my clients that what they have to work through is not something that my training specifically taught me how to work with, and I would feel much more sure of our work together if they could allow another professional to support them in their process.

This way, a client that I have developed a rapport with does not feel abandoned or broken to the point of no return. We find that together as a team, they get to work on different dimensions of their life experience, and they feel even more supported and safe on their journey.

A good rule to follow is: if there is no win, they need to be referred.

If your client is getting wins with you but has some of the conditions below, they may still need to work with another helping professional trained and licensed to work with those conditions.

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When and How to Refer to Therapists or Other Helping Professionals

The following list of conditions is not exhaustive. Please consult your coaching supervisor for any questions on the need to refer:

Antisocial behavior - Does not have any respect for others' feelings and rights. Has no remorse for their harmful actions. Arrogant and irresponsible. Can't maintain stable employment. Reckless and impulsive. Addiction and abuse mentality. Cannot maintain long-lasting relationships.

Eating Disorders - Rapid weight gain or loss not associated with other physical illnesses or diseases. Obsession with weight loss medications. Rapid mood swings. Loss of interaction with family and friends. Changes in hair and nails. Overprotection of personal items and information. Suicidal mentality.

Suicidal ideation - If someone states they had a suicidal thought, ask them if they have a plan and then ask if they have the means to carry out that plan. For example, someone thought of committing suicide by taking an overdose of pills, if they have the drugs or have thought about stealing them or asking someone who has the pills to give them some, and they are at high risk for carrying out those plans. You must ask them if they would be willing to go to the emergency room. If they are not willing, it is best practice to contact the authorities and report a potential suicide. While coaches are not therapists and are not regulated by law to take these actions, you could be held accountable if you knew the person was suicidal and had a plan and a means to carry out that plan. If the person has a plan and will not allow you to take them to the emergency room, you must contact the authorities and report it. If they do not have a plan, refer to a mental health professional.

Impulse Control Disorders - Unable to resist the temptation to urges. Indulge in acts that could be dangerous to others or themselves.

Substance Abuse - Do not limit addictive behavior to substances only.

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Post Traumatic Stress Disorder (PTSD) - This is an anxiety disorder caused by very stressful, frightening, or distressing events. They relive the event through nightmares, visual and emotional flashbacks and experience feelings of isolation, irritability, and guilt. May have problems sleeping and with concentration.

Bi-Polar Disorder - Radical mood swings, in a manic phase may have lots of energy and have ambitious plans and ideas. They may spend large amounts of money on things they can't afford and may not typically want.

Schizophrenia - Not being able to distinguish thoughts and ideas from reality. Hallucinations, delusions, disorganized thinking, lack of motivation.

Major Depression - is a persistent feeling of sadness and loss of interest in life. Many times depression comes from not being able to live authentically, or they have experienced significant disappointment, and the depression may be situational. Coaching can often relieve depression by creating the results a client wants to experience, but therapy or medication may be warranted when coaching results do not alleviate depression.

NOTE: *This is not a diagnostic tool, and just because some of these signs and symptoms exist does not mean a mental health professional would diagnose a person for that condition. When you are fully certified as a coach, you are not licensed to diagnose mental health conditions. Telling a client, they may have one of these conditions is unethical and potentially harmful. By doing so, you could possibly be sued for practicing without a license.*