

PSYCHOLOGICAL THERAPEUTIC POLICY

At Patchouli Therapy, I recognise the importance of psychological and therapeutic policy in shaping the way I practice as a professional therapist. This policy complements the Professional Boundaries Policy.

Therapy is a relationship between two people that works in part because of defined rights and responsibilities held by each person. As a client, you have individual rights and obligations that are important. There are also legal limitations to those reasons that you should be aware of.

Psychological and therapeutic services encompass various forms of talking therapy. It is an evidence-based, experiential technique carried out in a safe and confidential session. I practice online only from my portal, and I am the only authorised user. I do not assume any responsibility for diagnosing or claiming to cure. I practice using an integrative psycho-spiritual approach, a branch of Transpersonal Therapy. I strive to build a relationship with you, the client, to support your emotional needs. I practice a holistic approach, working with the body, feelings, mind, and spirit. I aim to build the right relationship (the I-Thou) with you to help you achieve what brings you to my practice.

I practised using the Functions Model Proctor (1987), which stipulates the following:

- Normative - where professional standards and managerial issues are professionally adhered to.
- Restorative - where support and care are provided to reduce further harm to clients.
- Formative - where skills and knowledge of the professional standard are maintained.

In the therapeutic settings, I work with you to establish a therapeutic relationship so that we can work toward your goals, needs and wants that led you to therapy.

How am I in therapy?

In the session, I am to be alert, present, proactive and responsive to you. However, as human beings, we are all fallible, and I can be distracted and make mistakes. This may include a misunderstanding on my part; if this is the case, I will bring it into the room to let you know the reasons. I will also review it and ask for further elaboration.

I aim to be authentic in my response and processing, and share with you so that I can truly understand you. I will strive to be genuine in my state of being and will provide you with feedback on how I receive what you share, to convey my understanding. I will promote body, feelings, mind and soul connection in any state of being. In doing so, I will maintain confidentiality to foster trust in the therapeutic relationship.

In the therapy session, I am only responsible for how I feel and what I receive from you. I will convey this by sharing what I sense, feel, and notice through observation of being in the therapy space with you.

What is an evidence-based experiential technique?

Evidence-based means that what I observe in your non-verbal communication will be brought into the room when it is relevant and in the proper context. I will share my observations when it is appropriate. I would look out for

your visual eye movement for memory recall or visual construct. I would look out for auditory cues such as your tone of voice, the cadence of your speech, the pace of speaking, and so much more. I would also look out for body posture, movement, stillness or fidgeting behaviours.

Experiential techniques involve your lived experiences, your associations with things, and whether they are empirical, objective, generalised, personal, abstract, creative, or experimental. Experiential often refers to lived experiences and your internalisation, introspection and interpersonalisation.

What is a holistic approach to therapy when working with me?

The holistic approach differs greatly depending on the therapist.

What is the I-Thou in a relationship setting?

The concept of the I-Thou (you) in a relationship involves respectful interaction and engagement. This includes statements such as:

- *In my inner body, I receive from you:* it appears to be referencing Psalm 139:13-14, which speaks of God forming and knitting together a person's innermost being in the mother's womb. It is an introspection when sharing in conversation to convey your innermost state of being.
- *In my outer body, I receive from you:* it echoes themes present in 2 Corinthians 5:1-10, where Paul discusses being "away from the Lord" while in the body and desiring to be "at home with the Lord." This suggests a longing for a spiritual existence beyond the physical body. It discusses sharing what you externally sense to convey the desire to belong, connection, and yearning in the interaction.
- *I sensed from you:* refers to your sense of how you receive the other person. For example, I sensed from you an inner anger in you, and I wonder what that's about.
- *What I heard you say was that:* refers to what you heard from the other person, and how you internalised what you heard to clarify your understanding.
- *My mind is thinking:* help you to recognise what your mind is thinking.
- *What I want to get across to you:* help you to concisely convey your point of view.

What is a Transpersonal approach?

A transpersonal approach to therapy conveys spirituality in its practice and technique. This means that I aim to help you find your spiritual path to purpose, meaning and values as a spiritual being.

I believe that we are all spiritual beings on a journey to self-discovery and self-realisation. We achieve this by continually seeking the meaning of life and developing self-awareness to gain a deeper insight into ourselves as reflected on our hindsight.

As a therapist, I work intuitively, empathetically, and guided by my higher self. I work with what I sensed from being in the therapeutic space with you. Within our dynamic, I aim to understand your existential (human) experiences by considering aspects that transcend your mundane and lived experiences of the everyday and personality to tap into

your higher self, beyond the personal self. Within the sacred and therapeutic space, we will explore an altered state of consciousness, aiming to understand the messages that you may receive from your higher self and guide. Those messages may also be received in dreams, a trance state, or a meditative state.

I encourage experiences beyond the personal and ordinary self. I explore peak experiences, will (or volition), dreams, insights and the nature of consciousness, the collective consciousness.

Some misconceptions of a Spiritual Model

- It is confused with religion. Being spiritual is not the same as being religious, though the two are intertwined. Religion is a belief that a specific set of rituals, rules and a deity, whereas spirituality is a deeply subjective and personal view of ourselves, and our path to finding purpose, meaning and values.
- Religious views can be extreme, ascetic, and biased to the specific religion, whereas spirituality encompasses acceptance of all living beings, human, animal, plant, and the planet.
- Spiritual people are often happier and positive. This is often mostly true, but it does not mean that we are not affected by the daily challenges of life and suffering. We can experience extreme emotions and pain as we navigate our emotional turmoil and existential dilemma.
- Spirituality is an escape from reality or life. Some people may see certain behaviours and spiritual practices, such as meditation, as forms of escapism. But in fact, it is one of the tools for achieving inner peace, calm, and a connection to something beyond ourselves. It is not an avoidance of life, but a tool to help us navigate the daily struggles.
- It is an extreme lifestyle to practice spirituality. Many people mistakenly believe that attending meditation at a monastery, temple, or classes means that you have to renounce your possessions or give away more than you can afford. This is simply not the case. Spirituality doesn't require this; it's a personal choice to make an offering or donate. But not beyond your means. Spirituality is concerned with giving, not just what you can afford to offer or donate, but your time to be in service of the community, beyond individual possession and materialism. The concept of 'giving' is also about 'letting go' of anything that we may be unhealthily attached to.
- Spirituality is tied to a single concept of religion, belief system, deity, or God. Spirituality is a state of being and a way of living as a spiritual being.
- Spirituality does not reject science or technology.
- Spirituality does not mean that you have to follow a guru or specific practices. It is a personal choice whether to seek guidance from a guru or to follow specific practices such as Tarot or Oracle cards. You are in control of your decision, which path to follow and how to obtain insights. Many spiritual paths may be self-guided, spirit-guided or universally guided; you need to decide which forms you wish to follow.

Just remember that you have a choice. Even if you are working with me, you can change your mind, your beliefs, and your opinion about what you thought you knew about yourself as you continue to strive to become even more self-aware.