**SELF:** Using the therapist/supervisor‘s Self-energy and relationship with client /intern as instrument(s) of change. The Self is as present

& accessible as possible. (Rogerian)

 PAUSE: Space made in session purposefully

or serendipitously for directional movement

to be considered (can be collaborative).

 **SELF: Ever present**

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**FORWARD**

(Skill building)

* Brief Solution Focused
* RUP
* NVC
* CBT
* EFT (tapping)
* Gottman’s model (couples)
* GP & TR (2 Truths)
* Homework…

**INWARD & FORWARD**

- ACT

- Interpersonal neurobiology

- DBT

**THE COUNSELOR’S COMPASS**: Depicts basictherapeutic launching off place for several diverse theories & techniques. All approaches move in forward directions eventually – towards L.I.F.E.

**INWARD**

(Present & Body based)

IFS, Hakomi, Somatic Experiencing, mindfulness, hypnotherapy, NLP, Gestalt…

**BACKWARD**

(Accessing the past)

* Genograms
* Fates
* Family Constellations
* TA
* Imago (couples)
* Contextual
* Narrative
* Systems
* Psychodynamic
* Psychoanalytical
* Attachment …

**WAYWARD:**

Please list any processes that don’t fit this model here or add to the lists.

- Psychoeducation

**BACKWARD & INWARD**

- EMDR

**UPWARD**

(Spirituality)

ex: Christian, Buddhist, Jungian, higher power, dream analysis …