

“Sylvia do I fit the model of your best client?”

This insightful question was asked by a prospective client. She was seeking a trauma therapist and knew the importance of finding a really good fit!

She asked me if I were “her therapist” by asking if SHE was “my client.”

Brilliant!

So, if you’re asking the same question, this is for you. The clients who gain the most from our Energy Psychotherapy work exhibit the following traits and behaviors:

You don't fit if...	You're a great fit if...
<ul style="list-style-type: none"> Your default mode is blaming others for your current circumstances in life 	<ul style="list-style-type: none"> You are ready to challenge your old patterns of thinking and behaviour
<ul style="list-style-type: none"> You get caught in analysis paralysis, thinking once you understand why you are stuck it will release 	<ul style="list-style-type: none"> You are open to letting go of old hurts in order to experience a breakthrough
<ul style="list-style-type: none"> You can't imagine spending money for therapy because it's so expensive and it takes too long 	<ul style="list-style-type: none"> You're ready to do the work required during sessions and between sessions to get the results you want
<ul style="list-style-type: none"> You're overly analytical and super cautious or rigid and inflexible 	<ul style="list-style-type: none"> You are interested in an alternative way of healing and ready to explore
<ul style="list-style-type: none"> You're seeking a therapist who you know will do the work to get you where you want to be. 	<ul style="list-style-type: none"> You are seeking a therapist that will partner with you by listening deeply, challenging you, and celebrating with you.