

Foundational Beliefs About Helping Others

01.

Empathy is healing;
an empathic relationship
is the foundation for all
counseling theories
and techniques.

02.

**Judgment, bias,
stigma, and shame
are harmful.**
We continually work
to mitigate these
in ourselves.

03.

**People are
self-healing.**

04.

**People know
what's best for
themselves;** we are
not experts on what
is best for others.

07.

**Our role is to create and
nurture an empathic sphere**
in which others can share
deeply, self-reflect, clarify
what's important to them,
appreciate their unique
strengths and values, and
resolve or make peace with
difficulties and suffering in life.

05.

We can't "fix" others.
Trying to do so often
wounds the relationship,
wears out helpers,
can lead to "othering,"
and sends the very faulty
message that the
helper is the hero.

06.

We are not the
heroes. The people
we help are
**the heroes of
their lives.**

08.

The more we grow, the
more helpful we can be
to others.

09.

**We do not have to
disclose our similar,
lived experiences**
for those experiences
to be helpful to others.

10.

Humility, continual
learning, practice and
consultation within a
supportive environment
ensure safety.



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