THE SmartTherapist MANIFESTO

TO DO THIS CRAFT WELL, IT WILL REQUIRE SOMETHING OF WHO YOU ARE.

YOU’RE NOT JUST MAKING WIDGETS YOU’RE STEPPING INTO PEOPLE’S LIVES.

YOU’RE INVESTING YOUR HUMANITY INTO ANOTHER PERSON’S HUMANITY. NO MATTER HOW HARD YOU TRY TO PREVENT IT, BEING A THERAPIST WILL COST YOU SOMETHING.

SMART THERAPISTS KNOW THEIR OWN STORY, AND ARE WILLING TO HAVE OTHERS SPEAK INTO THEIR LIVES.

SMART THERAPISTS KNOW THERE IS ALWAYS MORE TO LEARN.

THERAPY IS AS MUCH AN ART AS IT IS A SCIENCE

SMART THERAPISTS DON’T HAVE ALL THE ANSWERS. THEY UNDERSTAND THAT THERE ARE JUST SOME THINGS YOU CAN’T UNDERSTAND.

SMART THERAPISTS ARE COMFORTABLE IN THE GRAY.

HOW YOU SAY THINGS IS JUST AS IMPORTANT AS WHAT YOU ARE SAYING.

SMART THERAPISTS ALWAYS REMEMBER THAT WHERE THEY TROD IS SACRED GROUND.

THE DELICATE PLACES IN PEOPLE’S LIVES SHOULD BE TREATED WITH FEAR AND REVERANCE.

MODEL WHAT YOU TEACH.

SMART THERAPISTS KNOW THEIR LIMITS AND DON’T TRY TO HELP EVERYONE—EVEN WHEN THEY WANT TO.

SMART THERAPISTS FIND BALANCE IN THEIR LIVES. THEY KNOW HOW TO WORK HARD AND HOW TO PLAY HARD.