

Transpersonal psychotherapists work at different levels. We welcome the *wounded ego* or wounded child of our clients and offer them the support they need to fulfill their basic needs, which were not met when they were children. But we also reflect their *essence*, their true nature, the space of infinite resources and potentialities.

Our main “tool” to accomplish this goal is the *therapeutic relationship* before any kind of methods, practices and techniques. Our humanity, clarity, our open heart will be our best allies to help our clients.

I focus my work on the healing power of *unconditional presence*, which creates a field we call the *healing field*. Our clients can meet their divine nature and experience the opening of their heart through *expanded states of consciousness* and in connection with their *body* as a conscious body. I also use practices that bring them back to the present moment and allow them to disidentify from their ego and have a concrete experience of who they really are, their deeper Self.

In a training for psychotherapists, it’s also important to work on our *anthropology*. “What are my beliefs, my preconceptions about life, what are my convictions with regard to the role or the mission of a psychotherapist?” These questions need to be clarified because they build all too often unconsciously the foundation for our choices, our attitudes and behaviour as psychotherapists.