

# STRENGTHENING PARTNERSHIPS WITH YOUR CLIENTS

*Johanna Suttoer-Doerksen and Chelsea Angeles*

Certified Expressive Arts Therapists &  
Registered Therapeutic Counsellors

johanna.expressiveartstherapist@gmail.com

innerlight.exat@gmail.com

## Your own inner work:

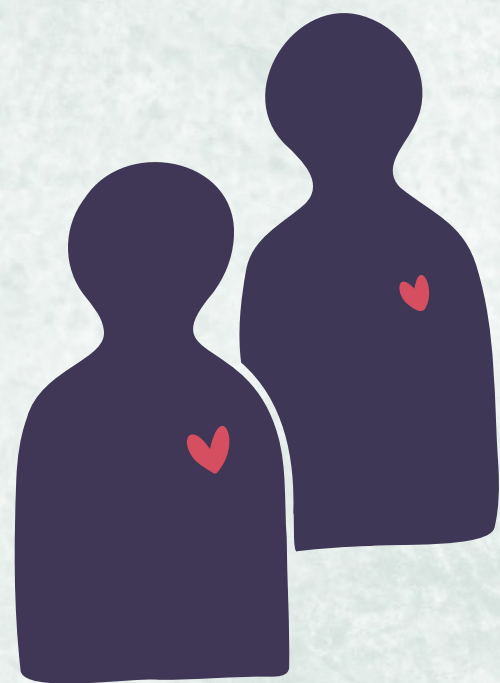
- Take care of yourself in order to show up and be fully present for your clients.
- I am the most important resource in the room.
- What are the intersections of your life that inform how you operate in the world?



## Establishing Safety

### Attunement:

show up in a body that feels safe  
slow down  
see your client - without agenda  
name what is



### Repair:

Missattunement is normal  
name and address what needs repair

### Journalling questions:

- How do I know if I am connected with a client or not?
- What does it feel like when my work is going well?
- What does it feel like when my work is not going well?
- When do I feel most like myself at work?
- What do I do to “fill my cup”?
- What exhausts me?



## Empowering clients:

- through a collaborative approach that is attentive to the process
- highlight strengths and your client’s resilience
- your client is the expert of their own life
- seek their input and acknowledge their gifts

