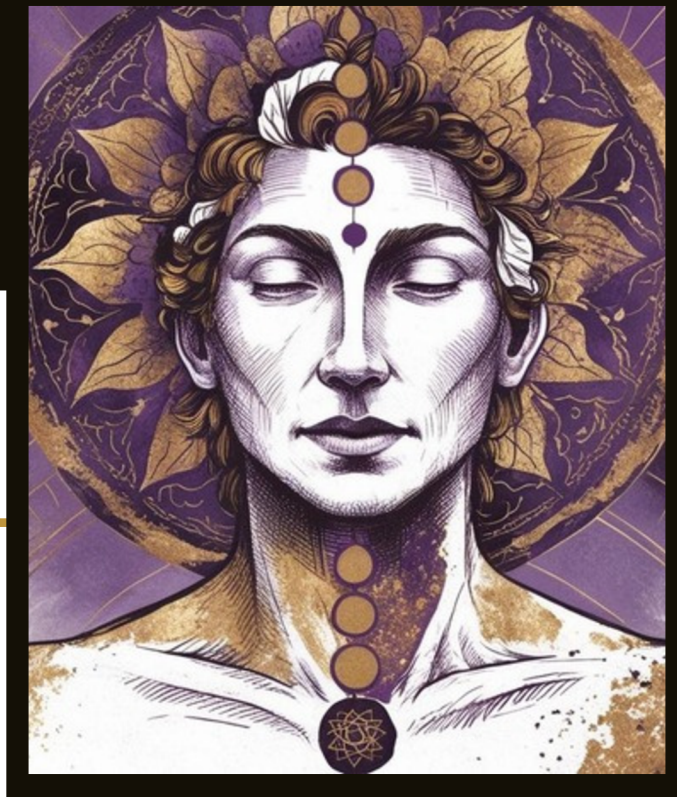


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CORE COMPETENCIES FOR HEALING PRACTITIONERS

WORKBOOK



TAM DILLON ACADEMY

ABOUT THIS WORKBOOK

The Core Competencies for Healing Practitioners workbook is designed to support you in deepening your internal integrity as you move through this course. Each section offers reflection prompts that correspond to one of the key practitioner competencies explored in the lessons – including congruence, regulation, listening, empathy, discernment, communication, and human-centered presence.

This isn't about getting the right answers. It's about bringing conscious attention to the qualities that shape how you hold space. These prompts invite you to notice your habits, examine where your edges are, and explore how each competency lives (or struggles to live) in your real practice.

This is part of your ethical development – not just your personal growth. As practitioners, how we show up matters. Our clarity, our steadiness, and our ability to witness others without bypassing ourselves are all skills that must be cultivated over time.

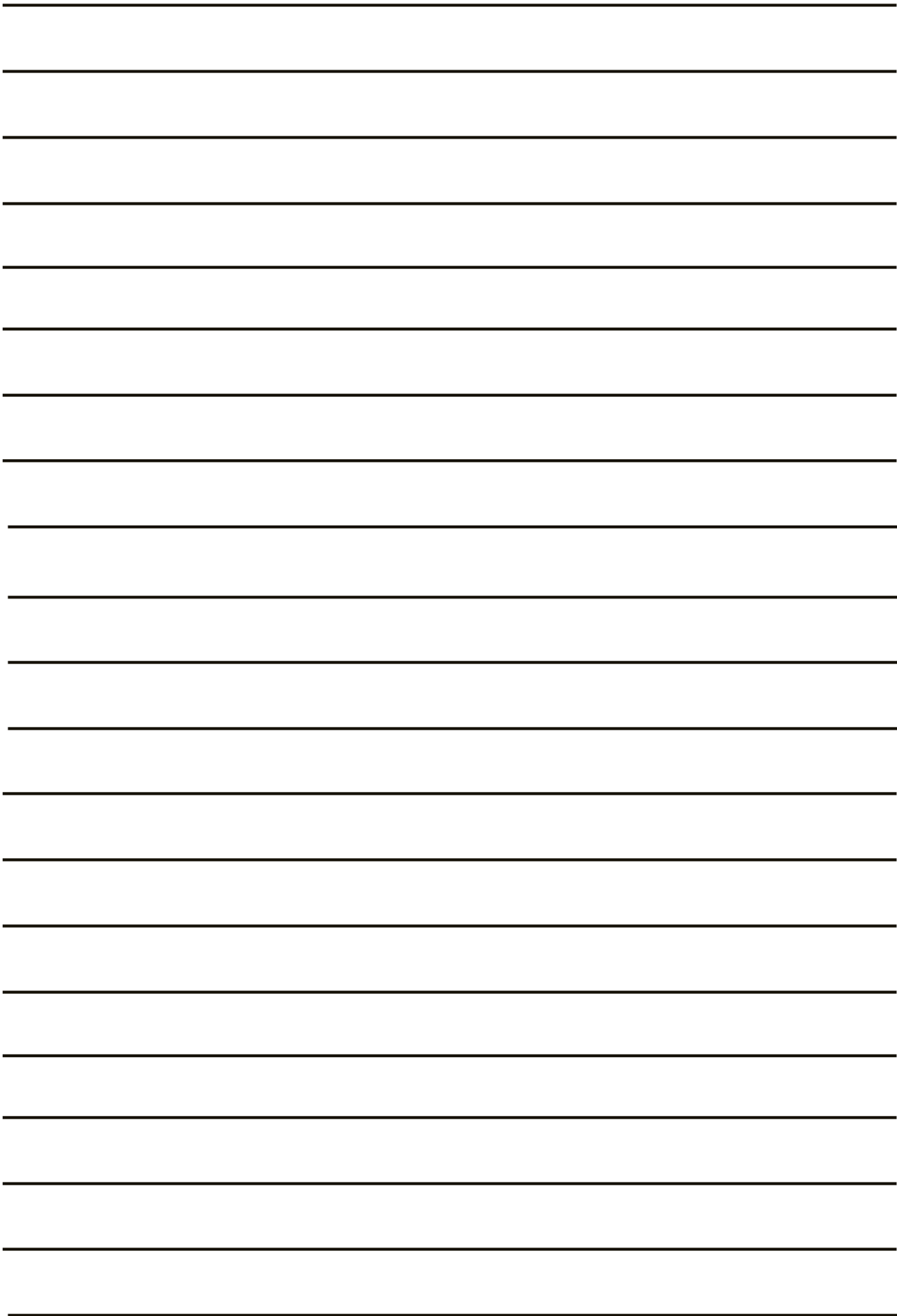
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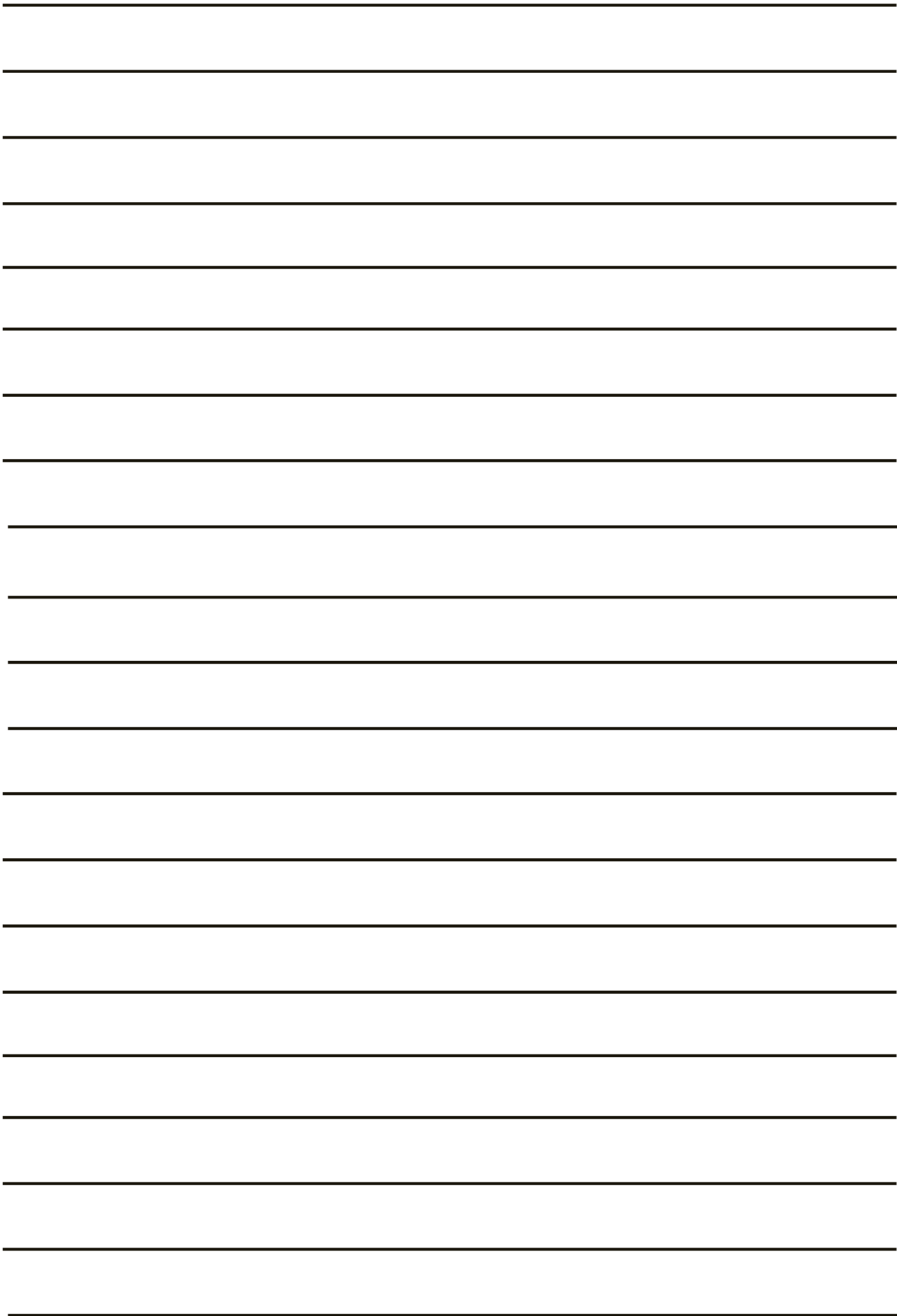
CONGRUENCE

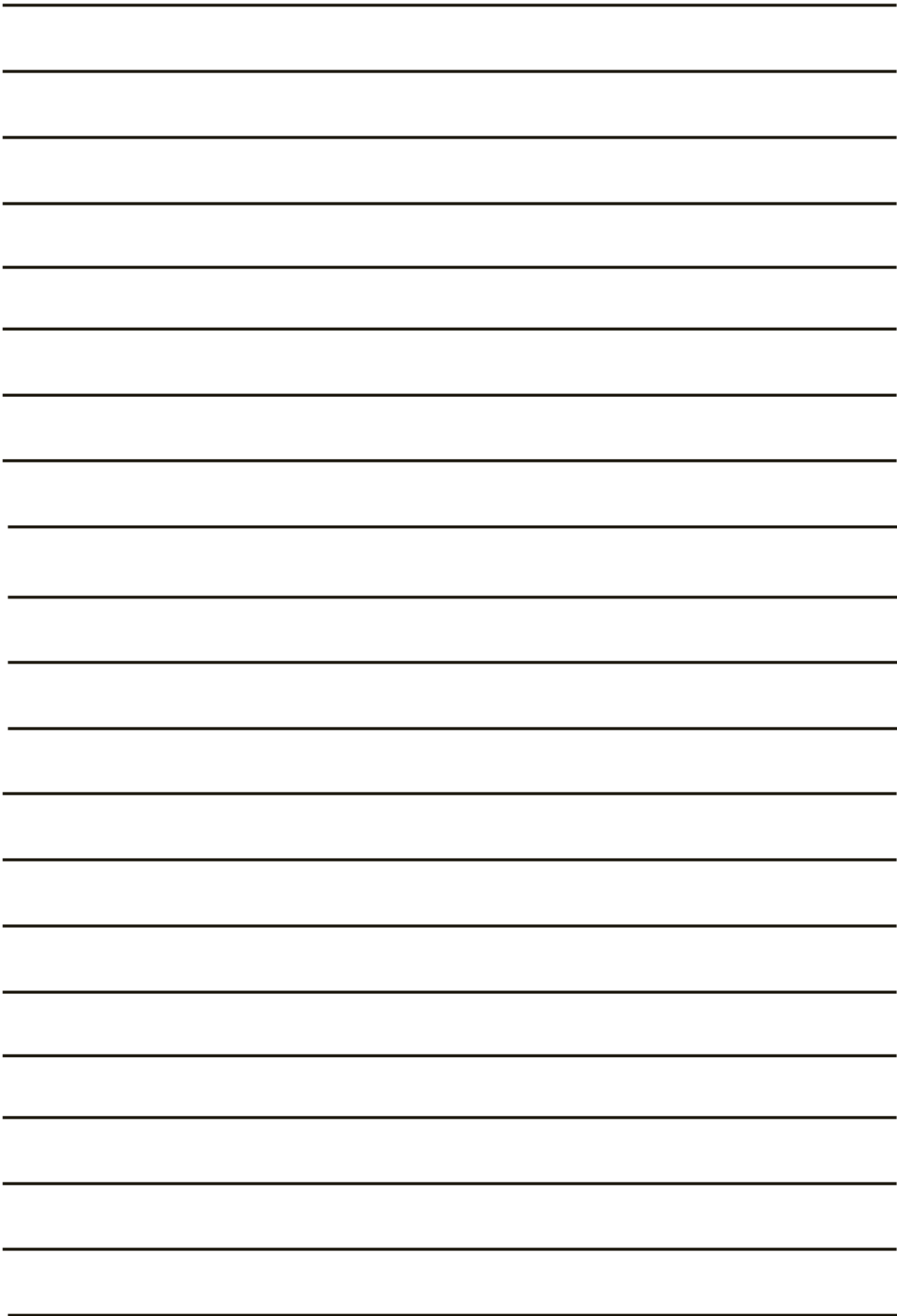
Congruence is the alignment between your inner experience and your outward presence. It's what allows clients to feel your authenticity – not because you tell them who you are, but because your tone, body, and energy all communicate something real. This section invites you to explore where you tend to stay aligned in your work... and where you don't.

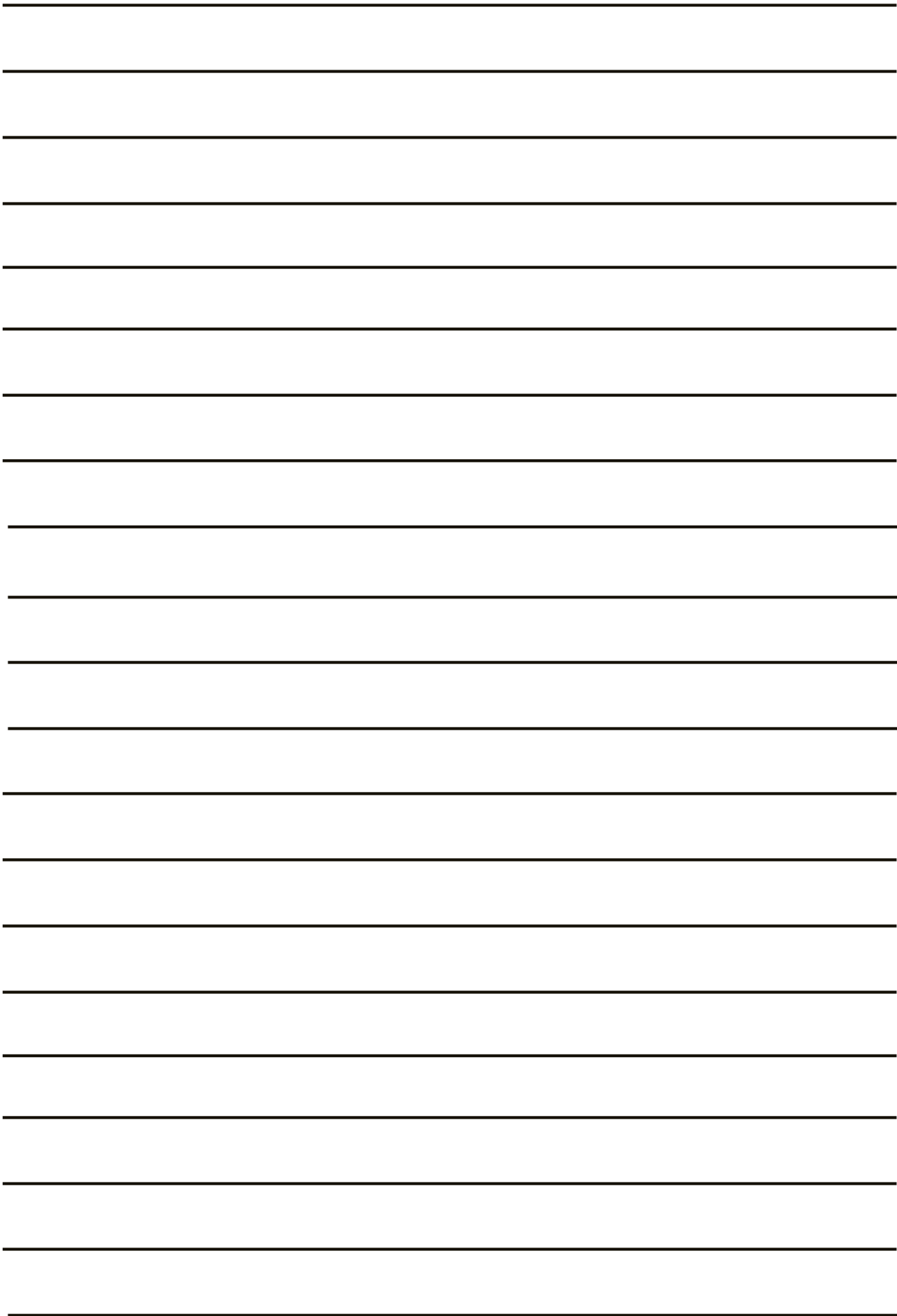
This isn't about perfection. You're not expected to be emotionally clear at all times. What matters is your willingness to notice when your internal and external states diverge – and to gently return to honesty without shame or performance.

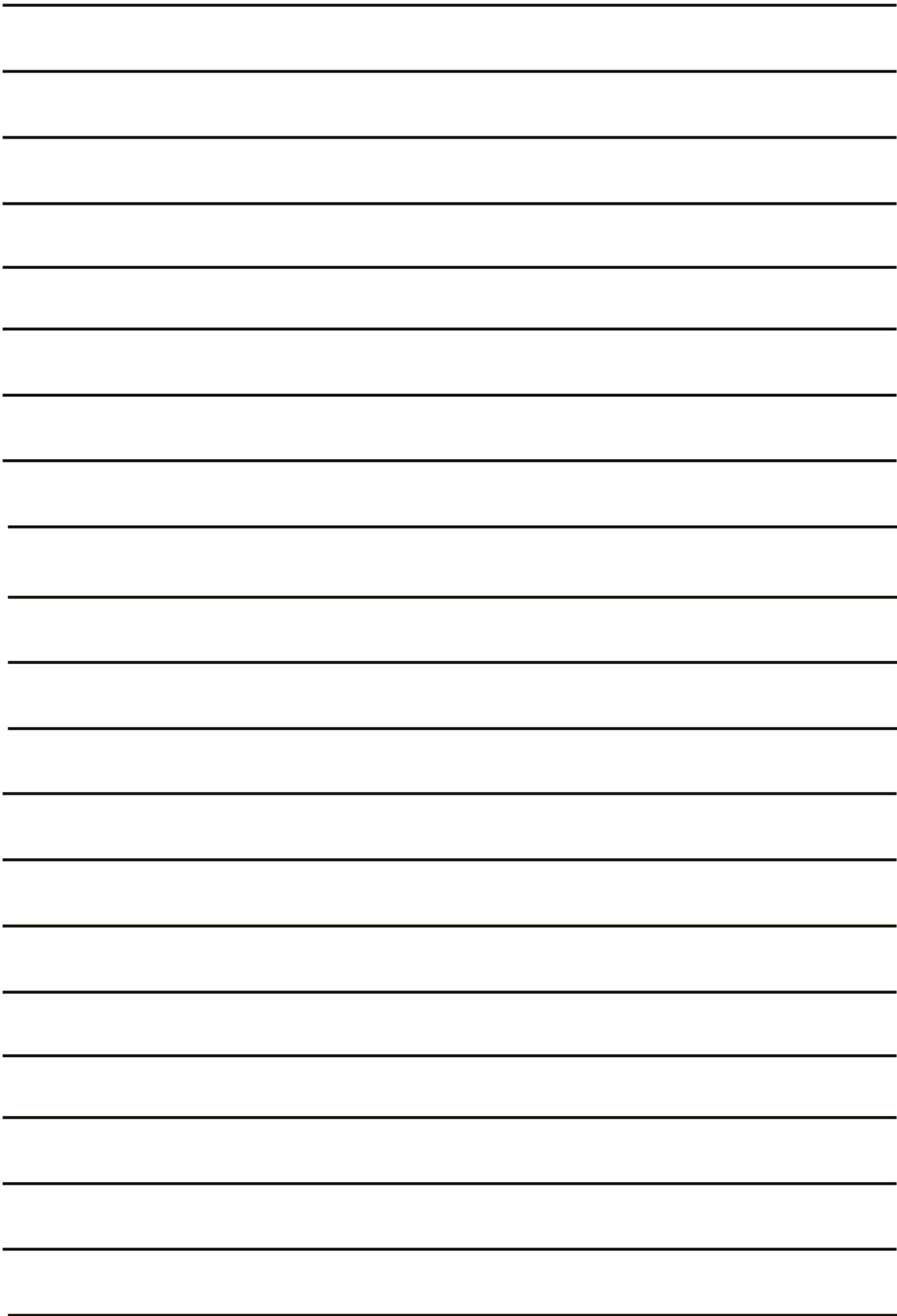
Take your time with these questions. Let your answers be messy if they need to be. You're not here to be impressive – you're here to become more congruent.

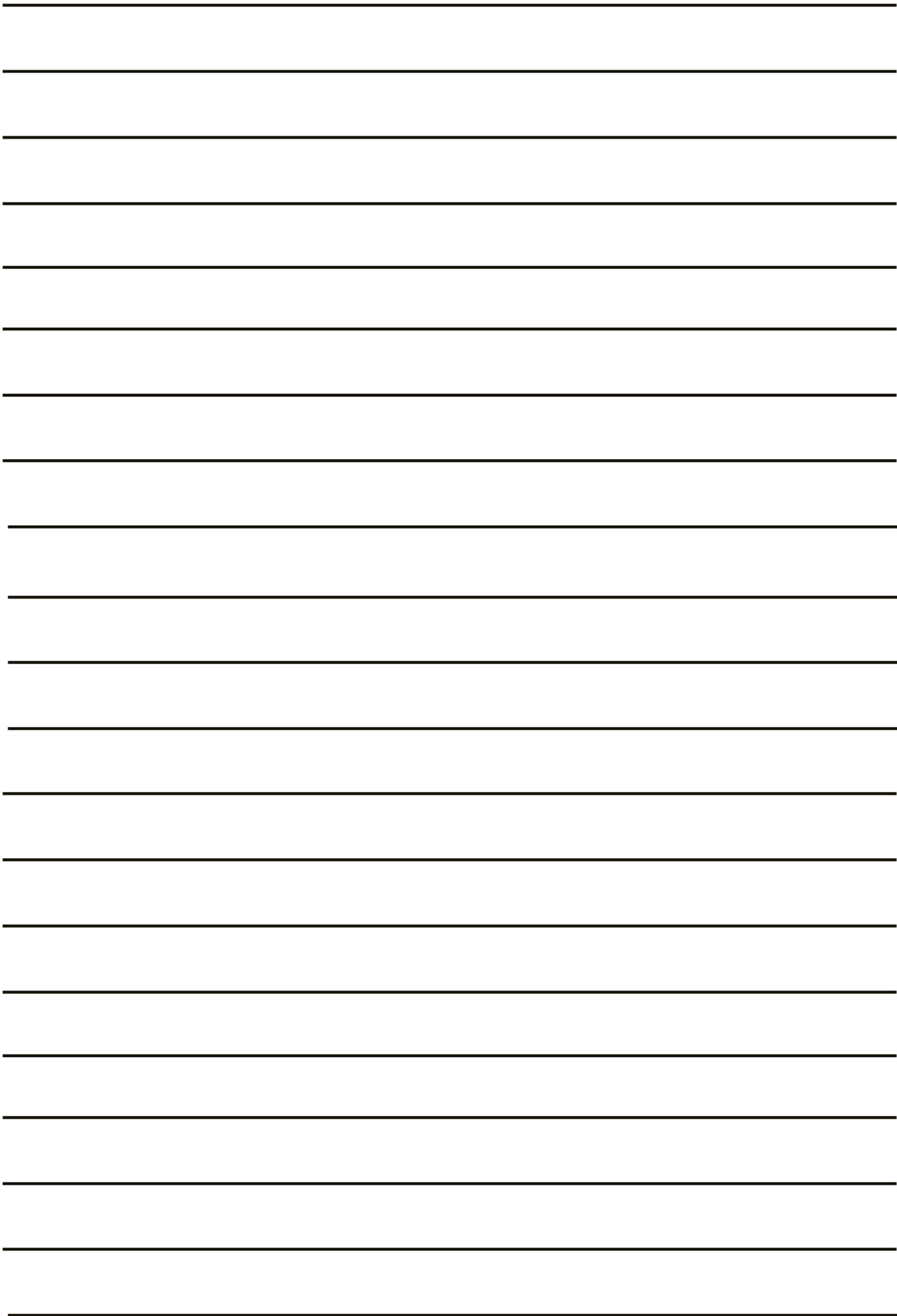


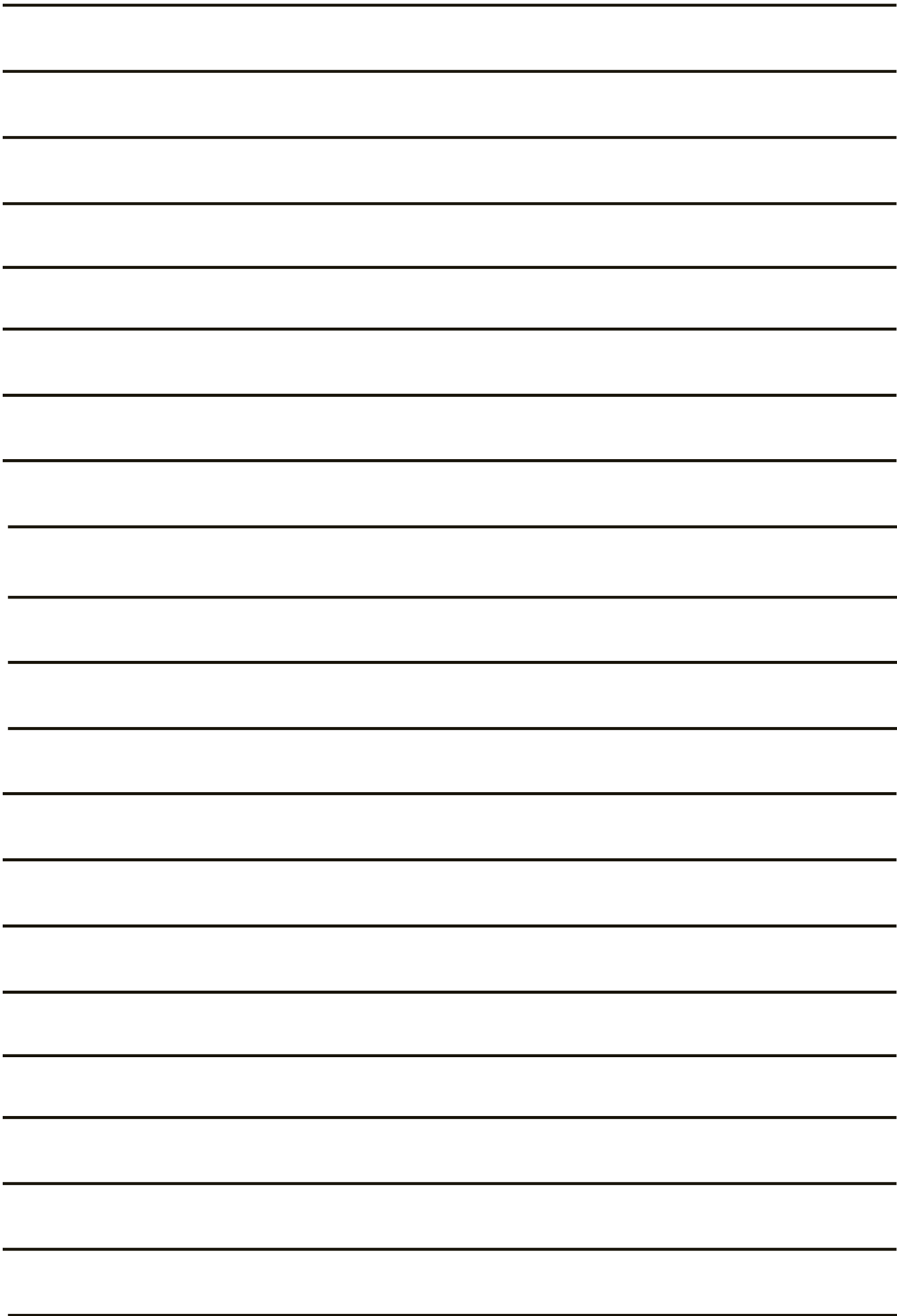


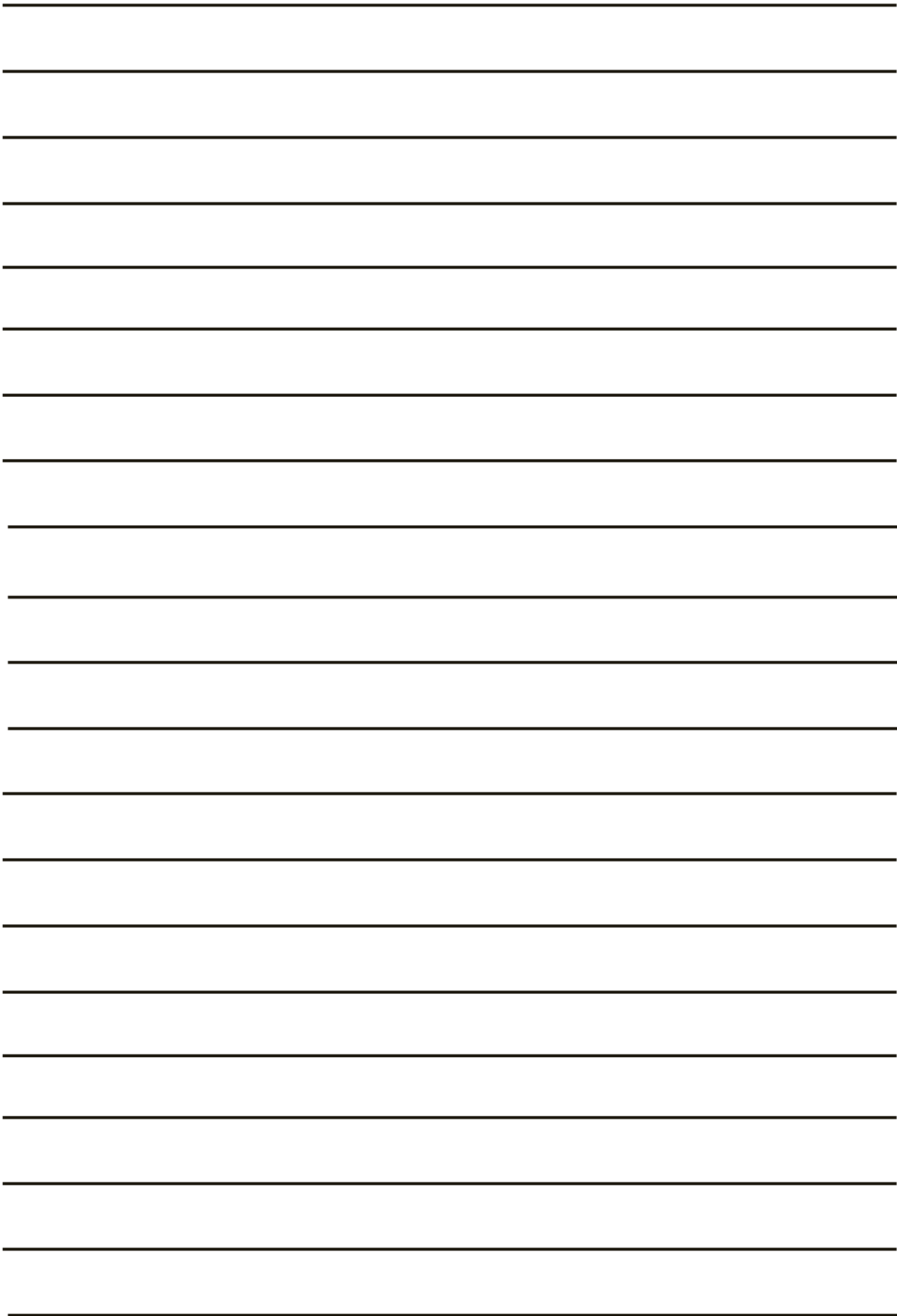


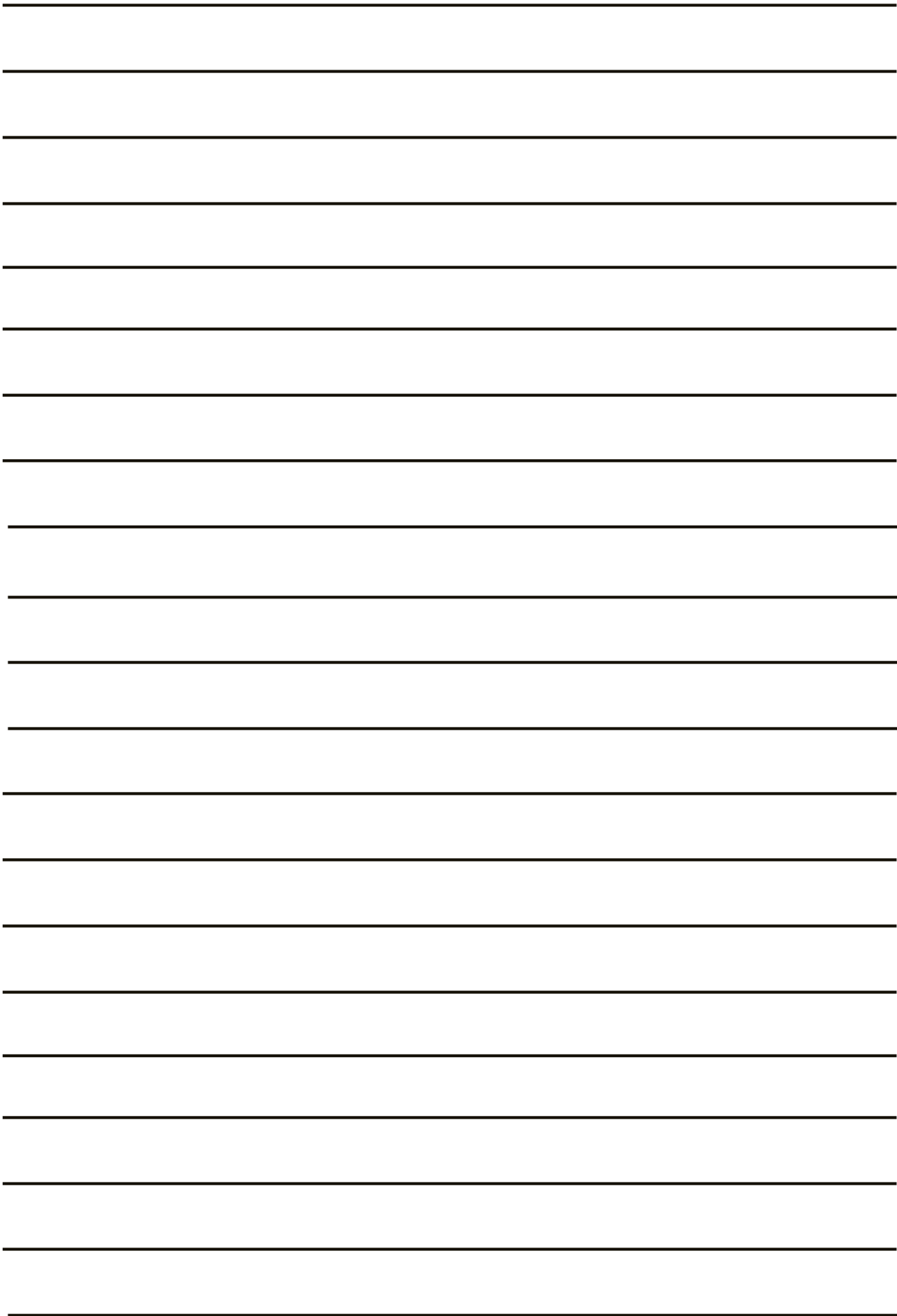


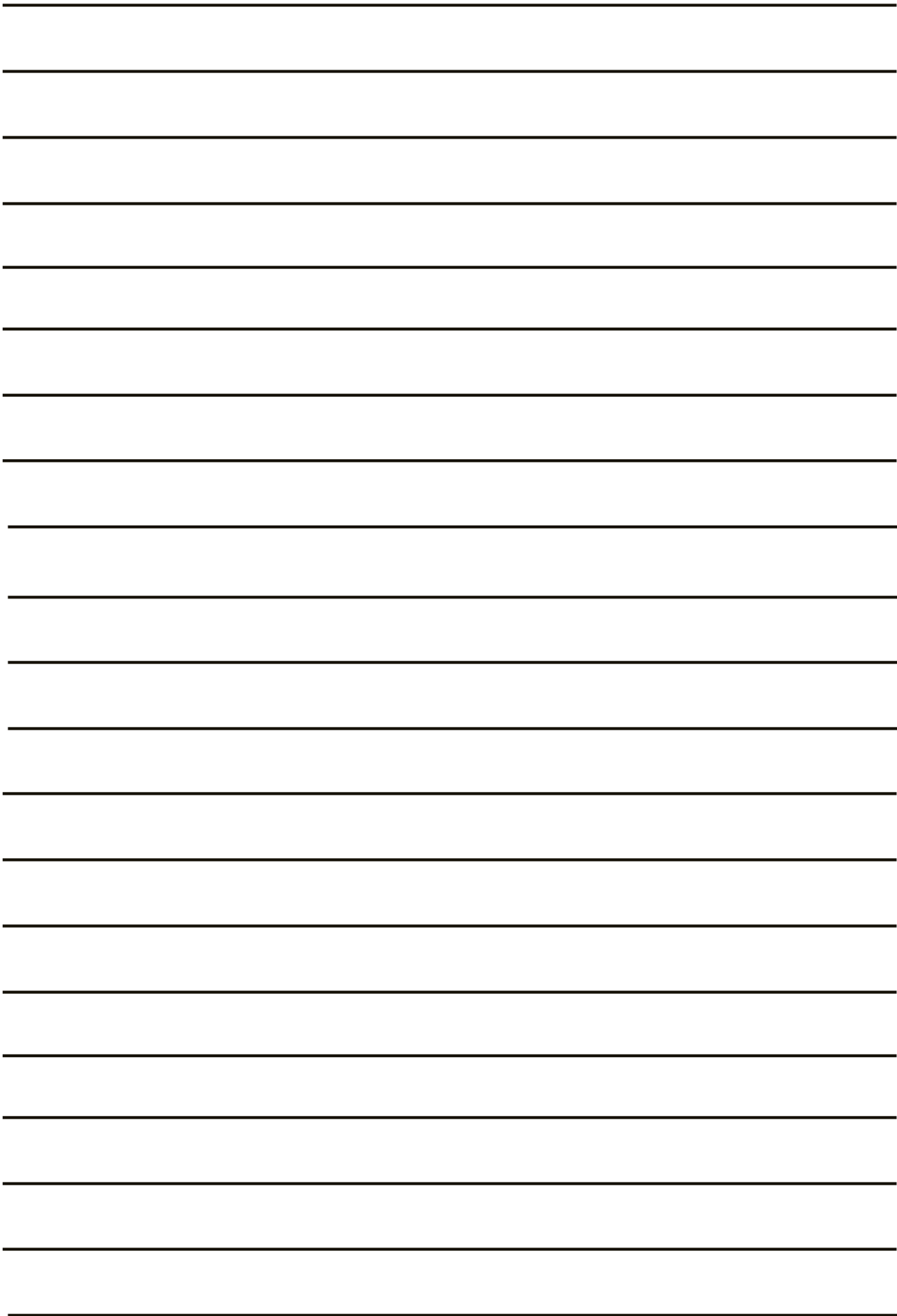


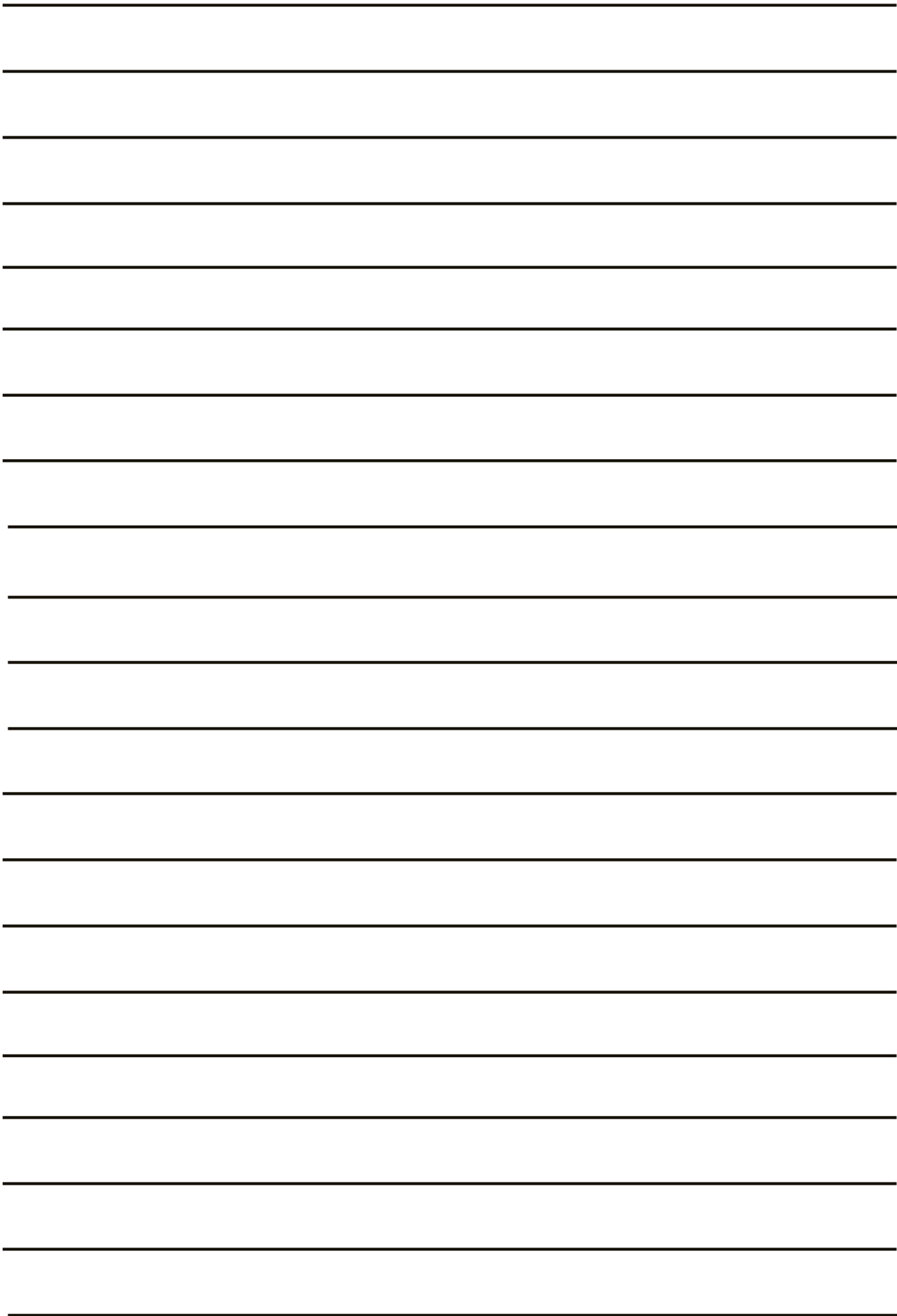


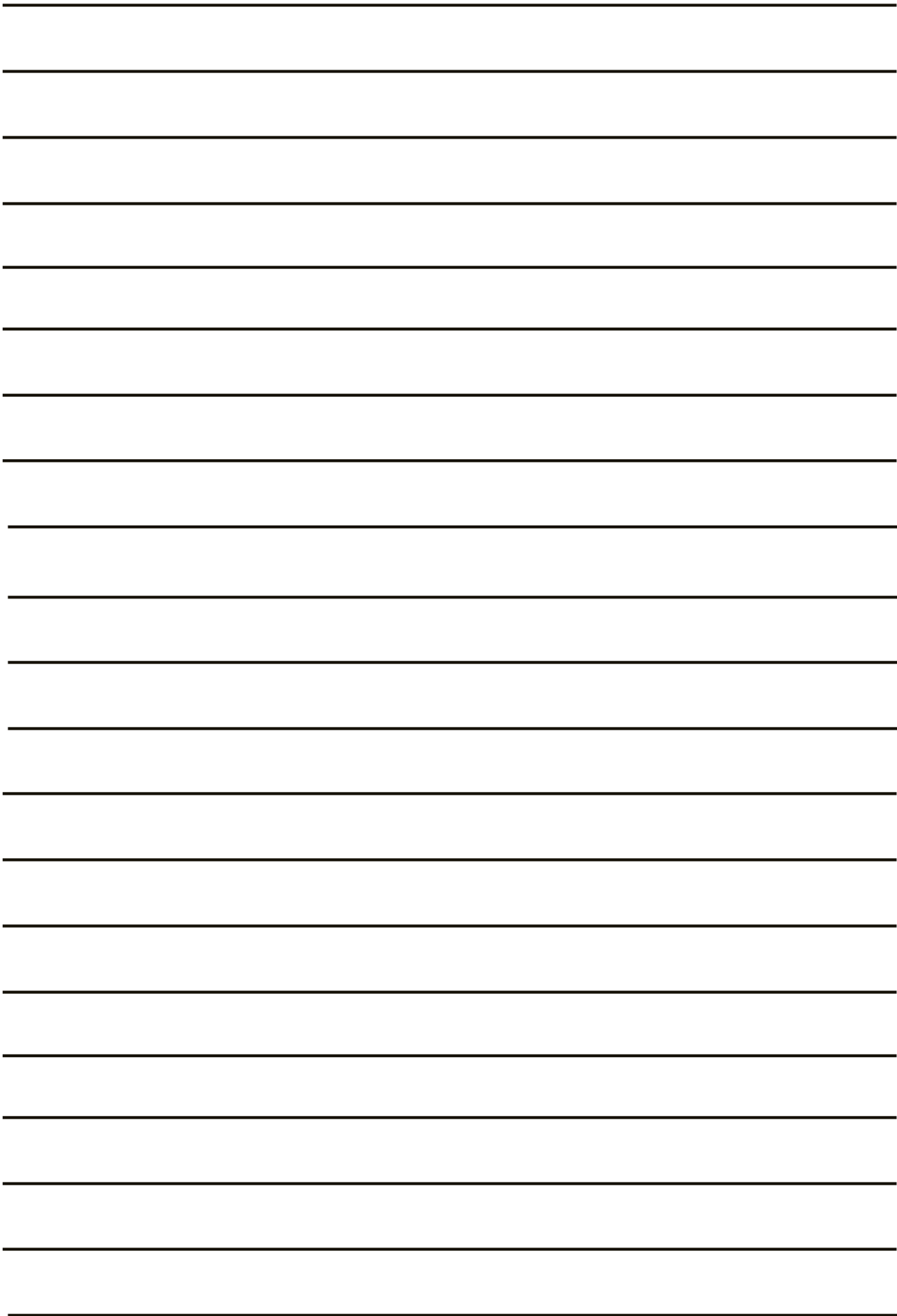


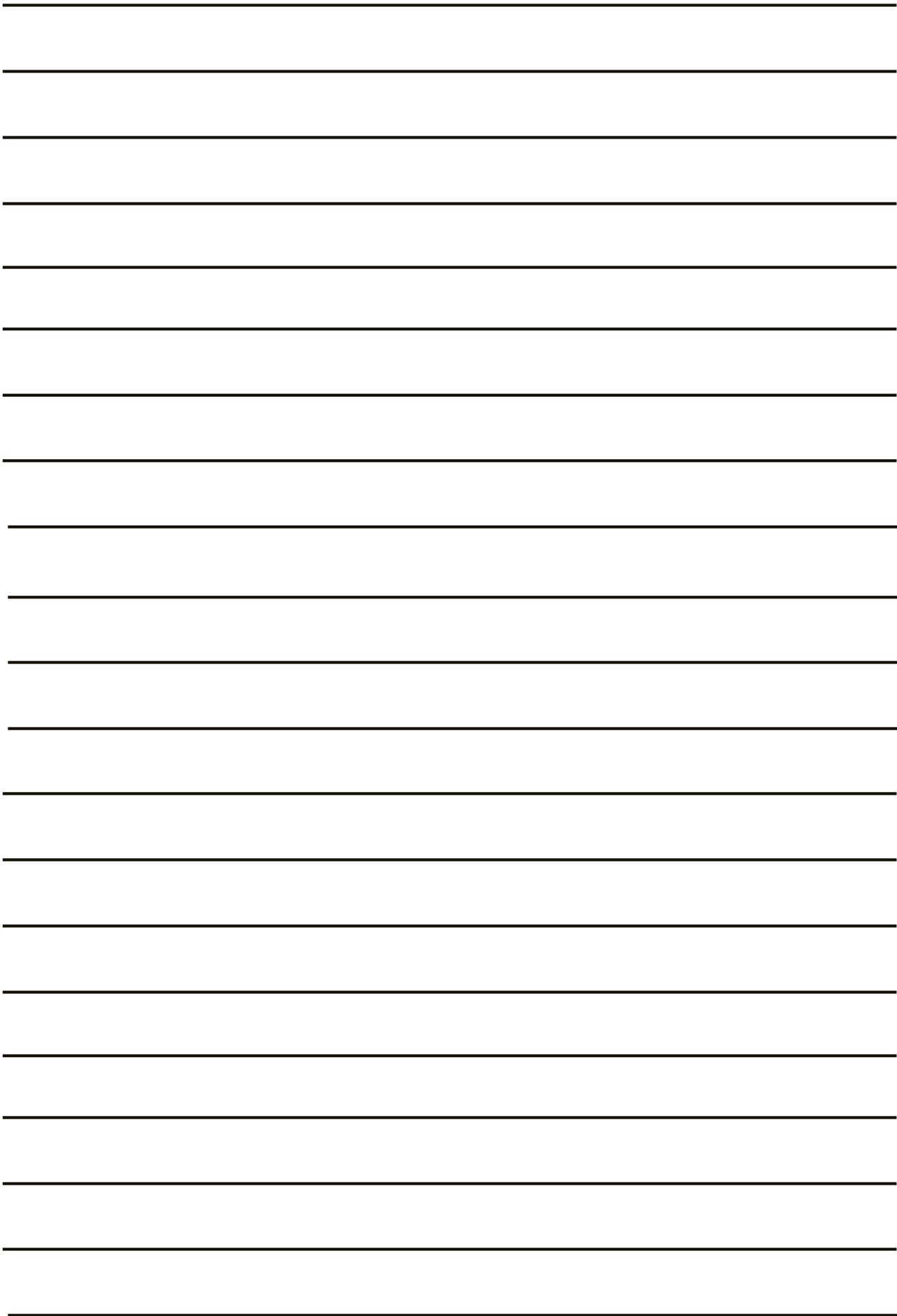


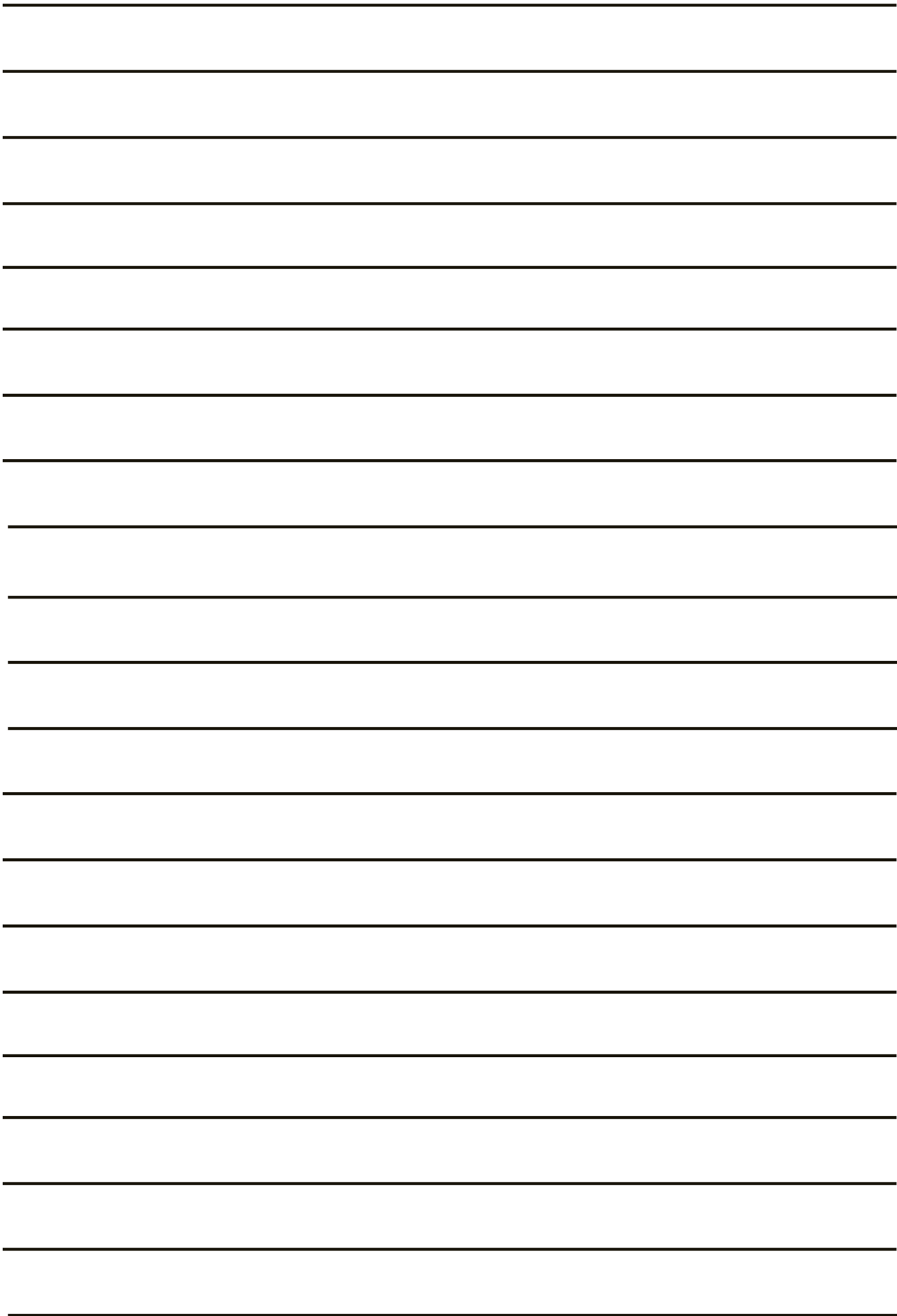


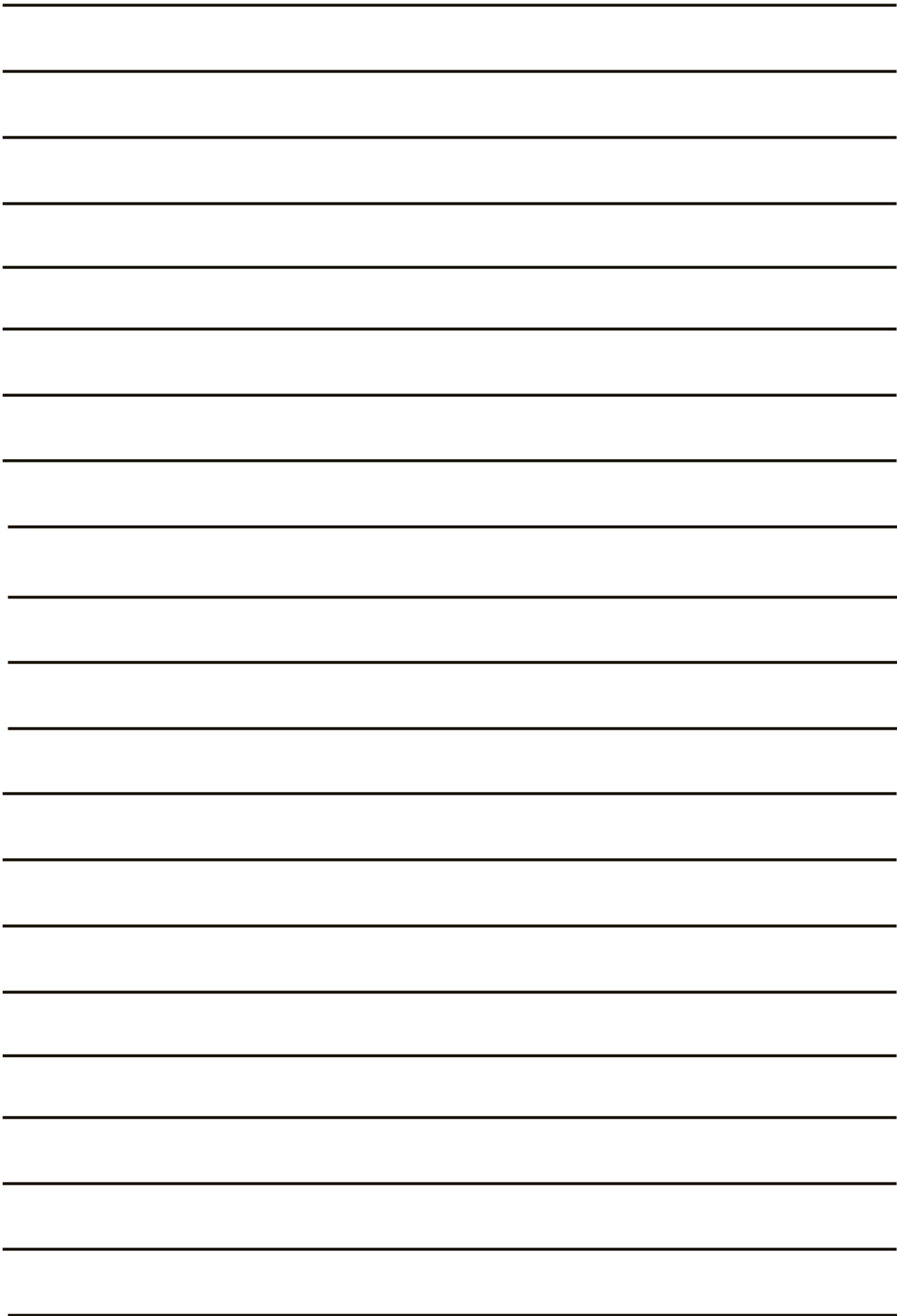










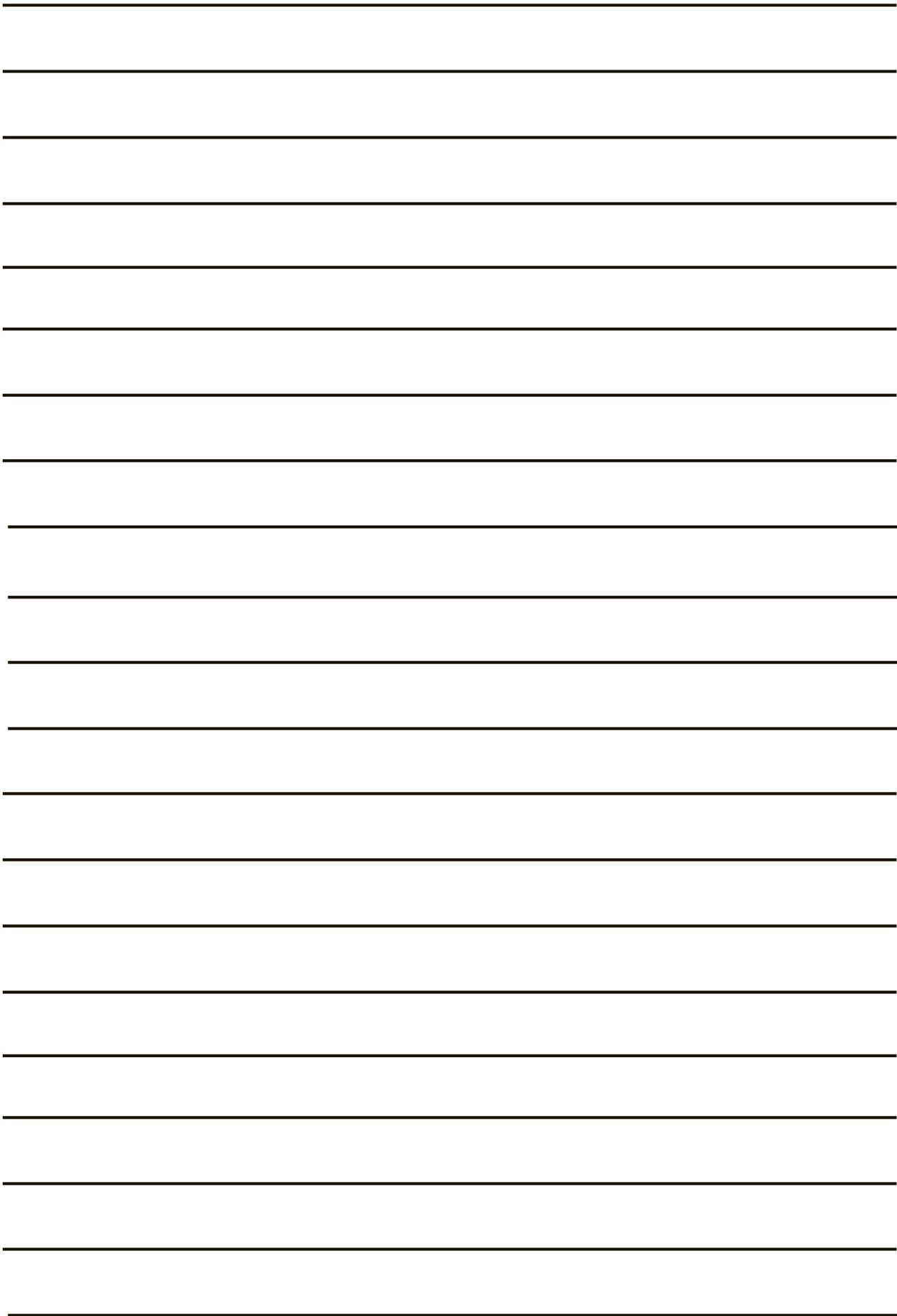


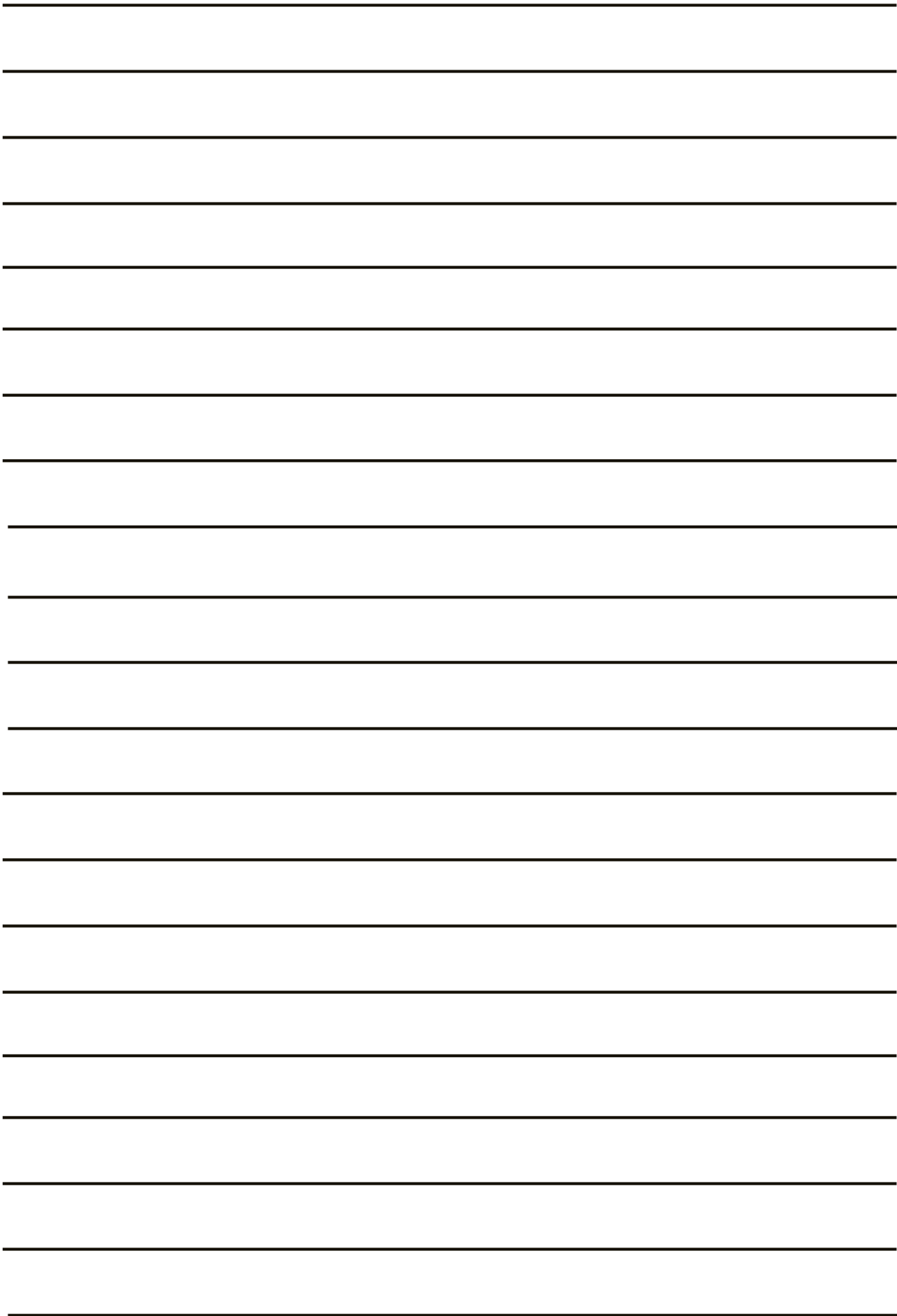
UNCONDITIONAL POSITIVE REGARD

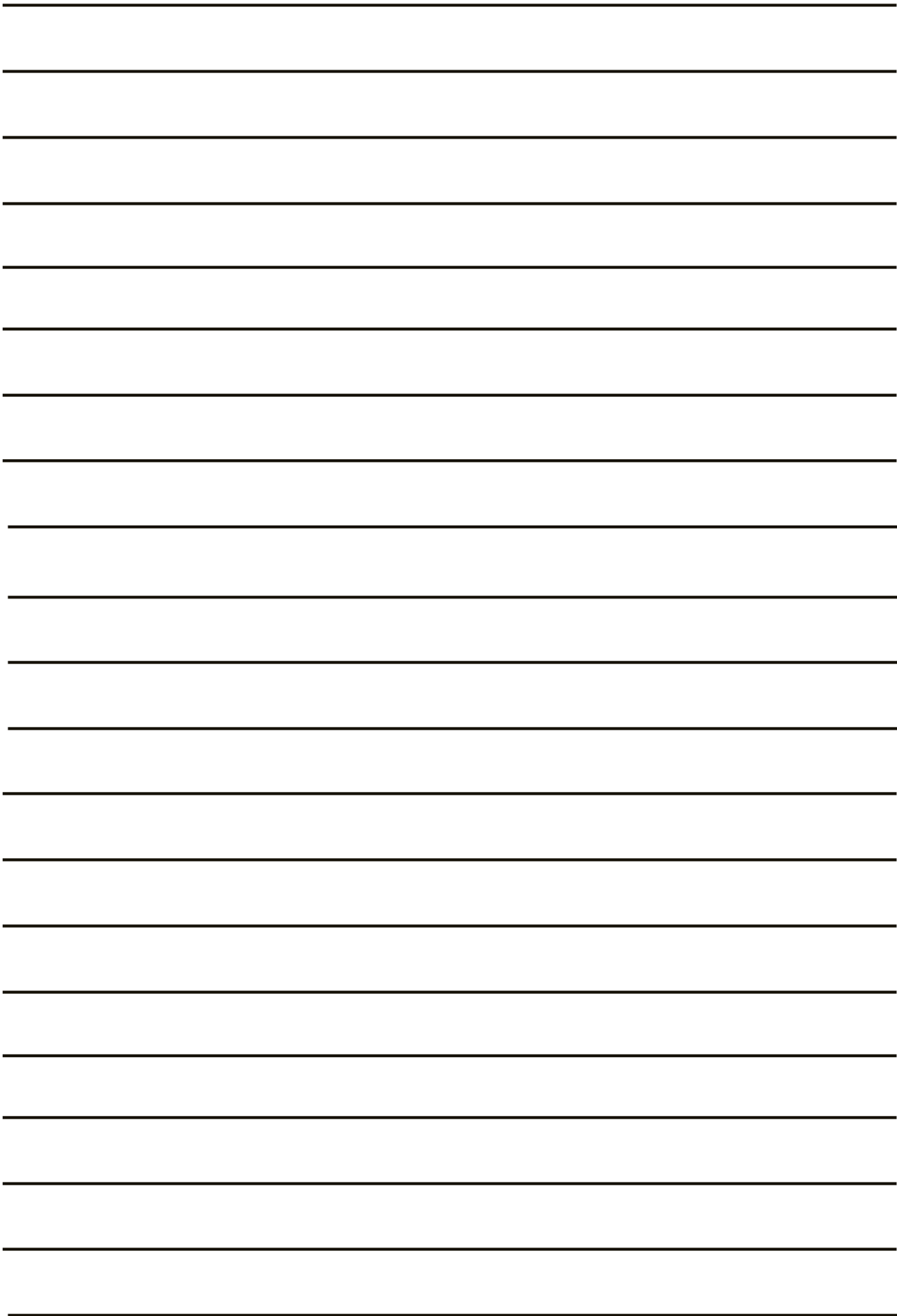
Unconditional positive regard is the ability to meet your client as they are – without placing conditions on your attention, care, or presence. It doesn't mean liking everything that arises or agreeing with the client's choices. It means holding space without judgment or preference, trusting that who the client is right now is enough.

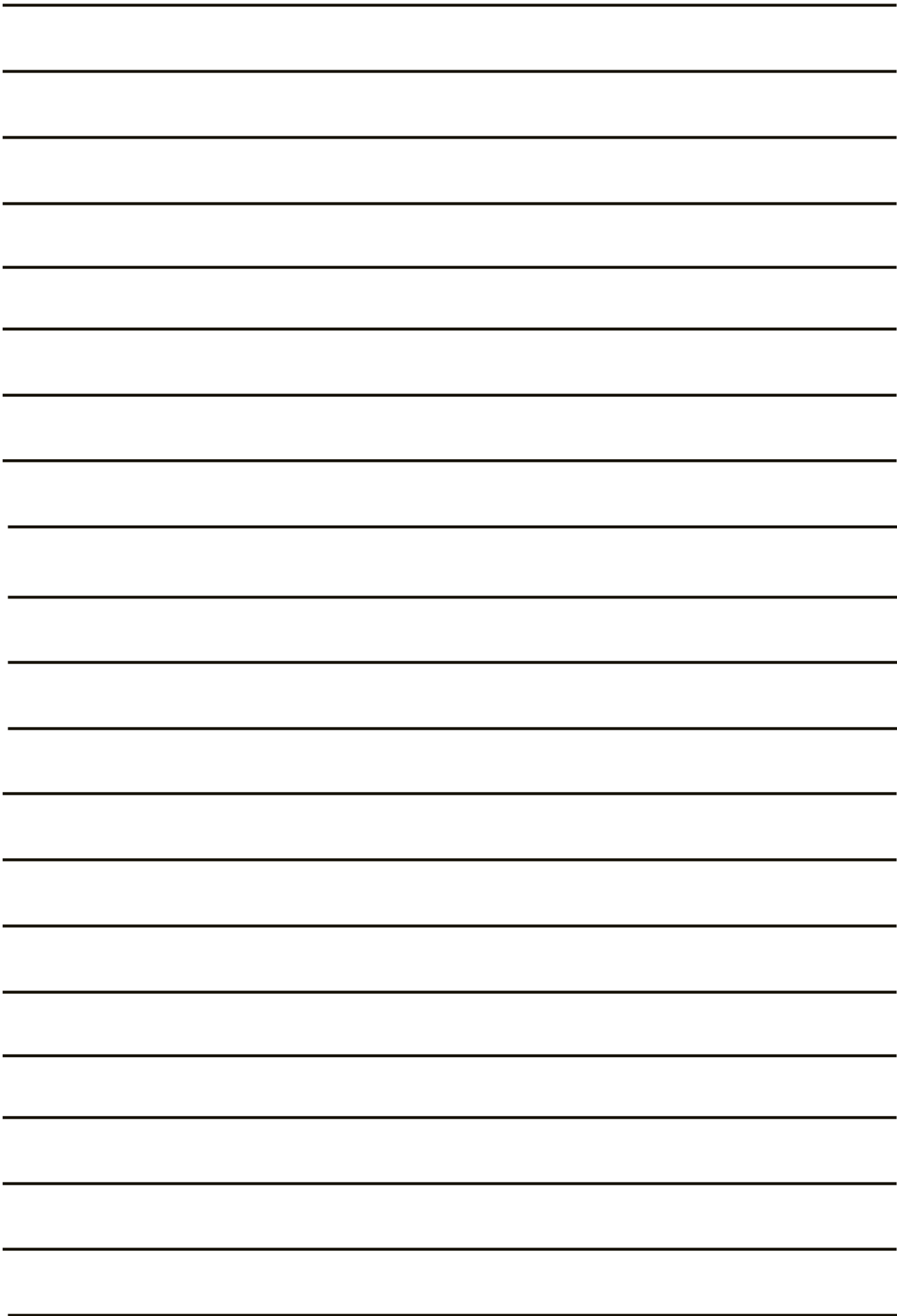
This kind of acceptance requires steadiness. It asks you to notice when you begin to close, withdraw, or subtly direct the session toward what feels more comfortable or familiar. It also invites you to recognize where your presence depends on how the client shows up – and where you're able to stay grounded even when they don't meet those expectations.

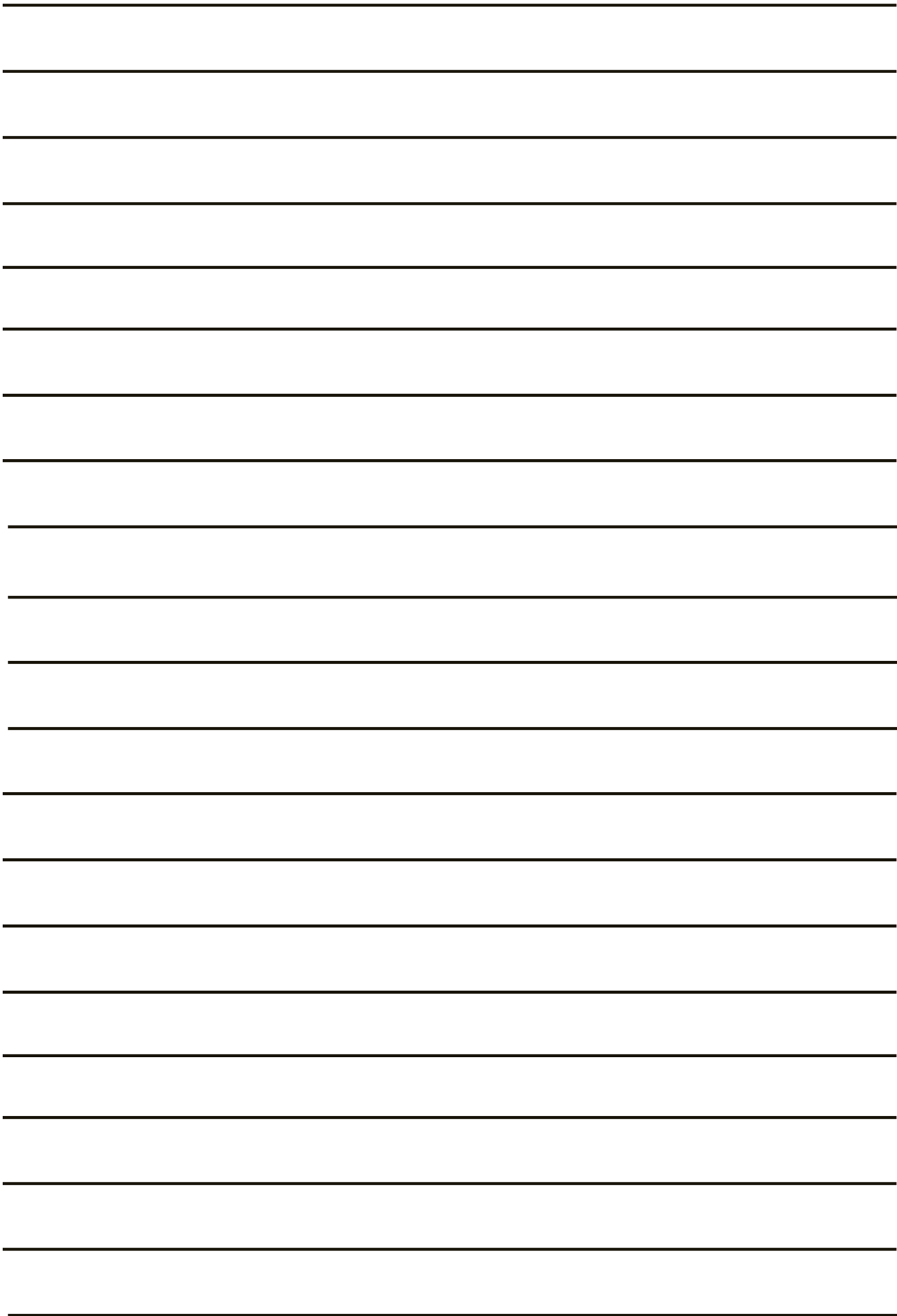
These reflections will help you notice the edges of your acceptance – not to shame them, but to make them conscious. This is part of how you expand your capacity to offer real safety.

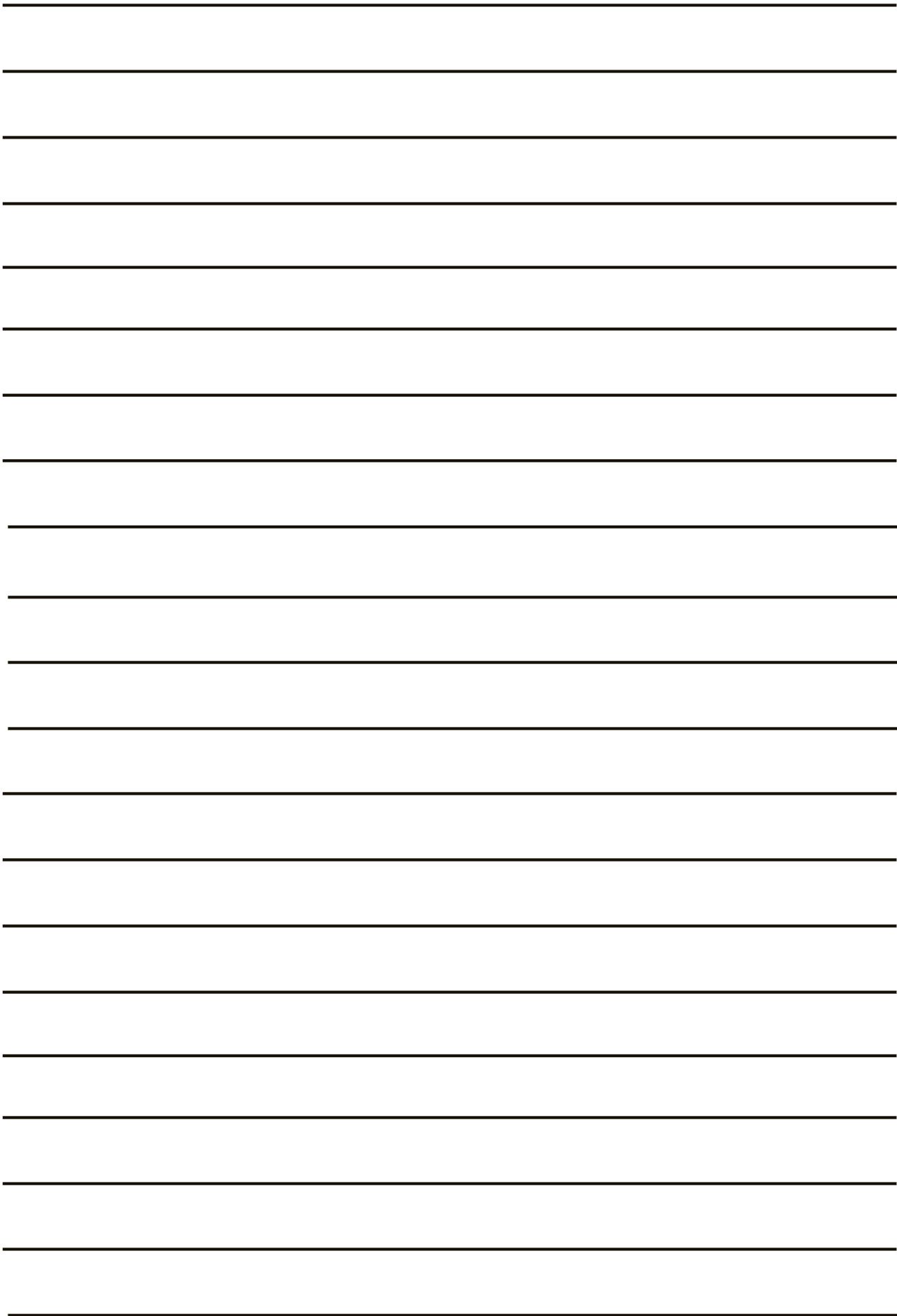


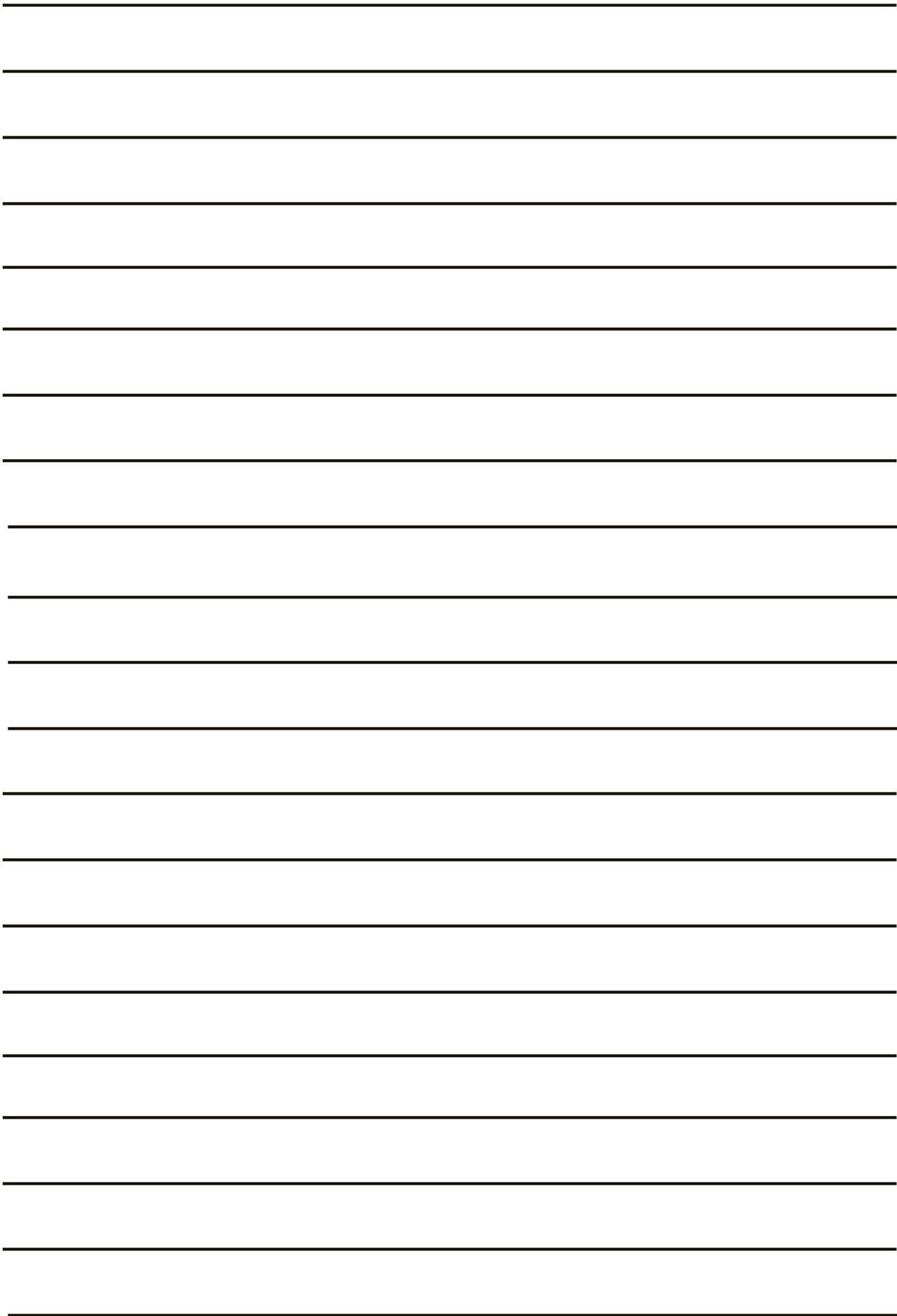


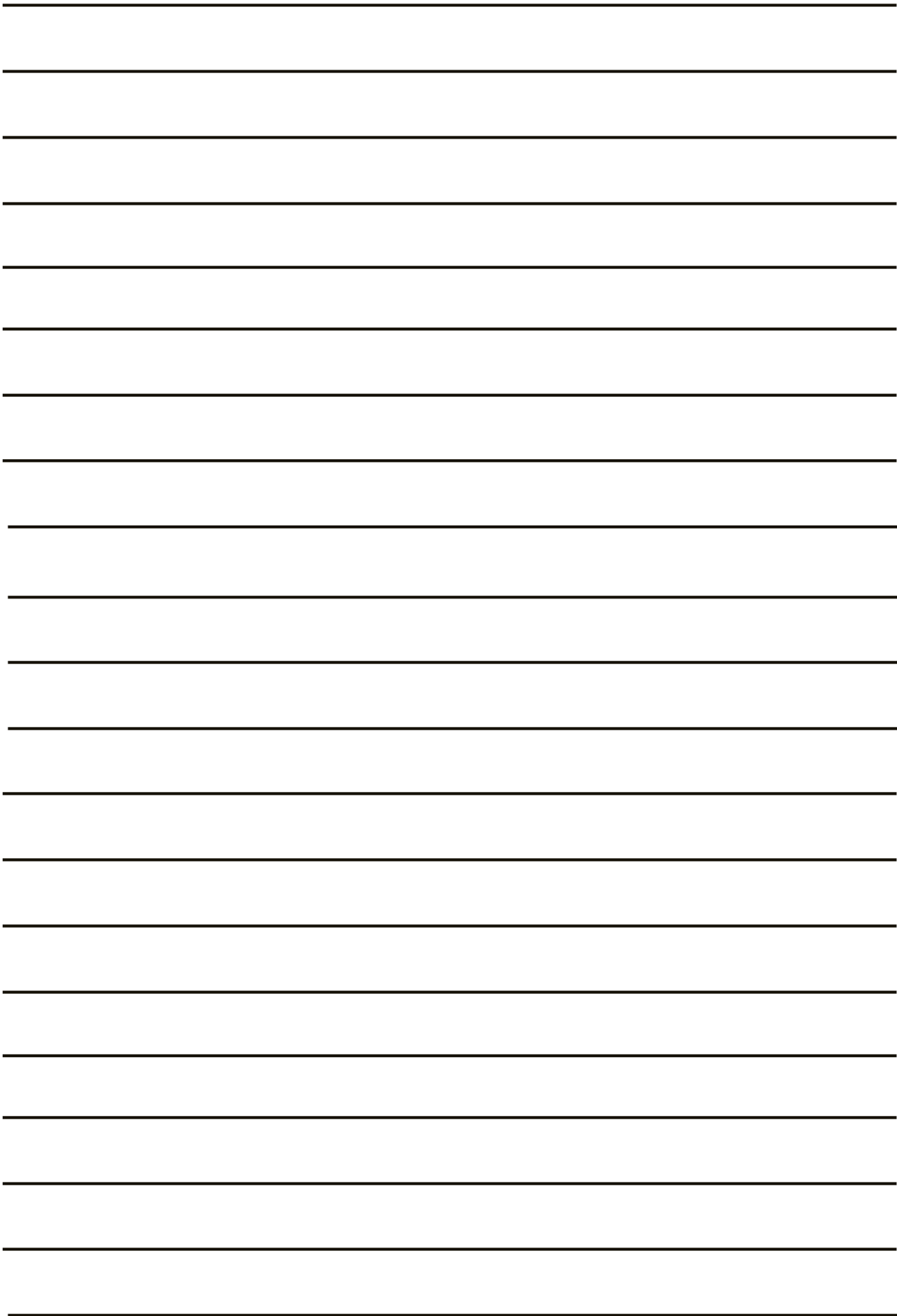


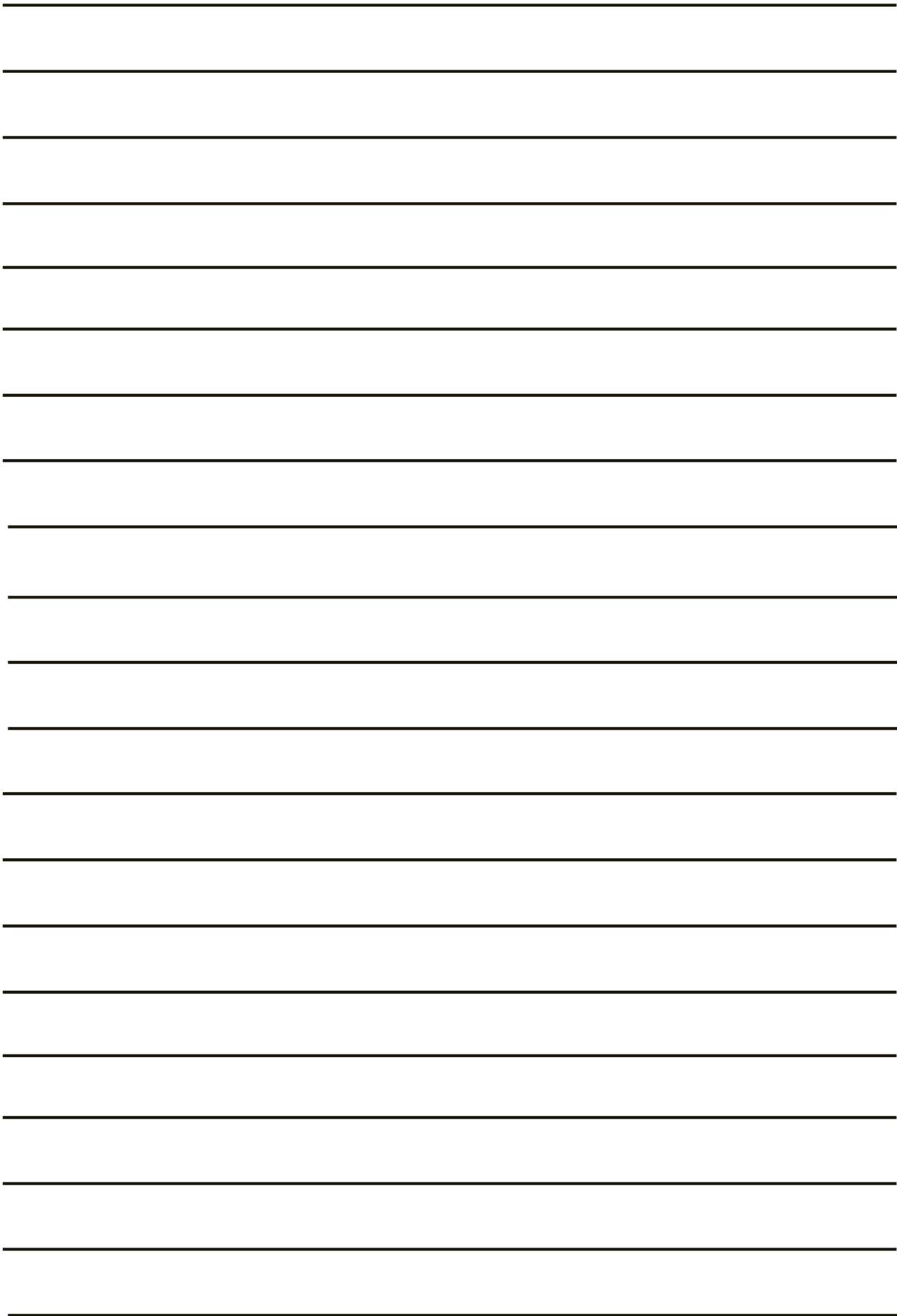


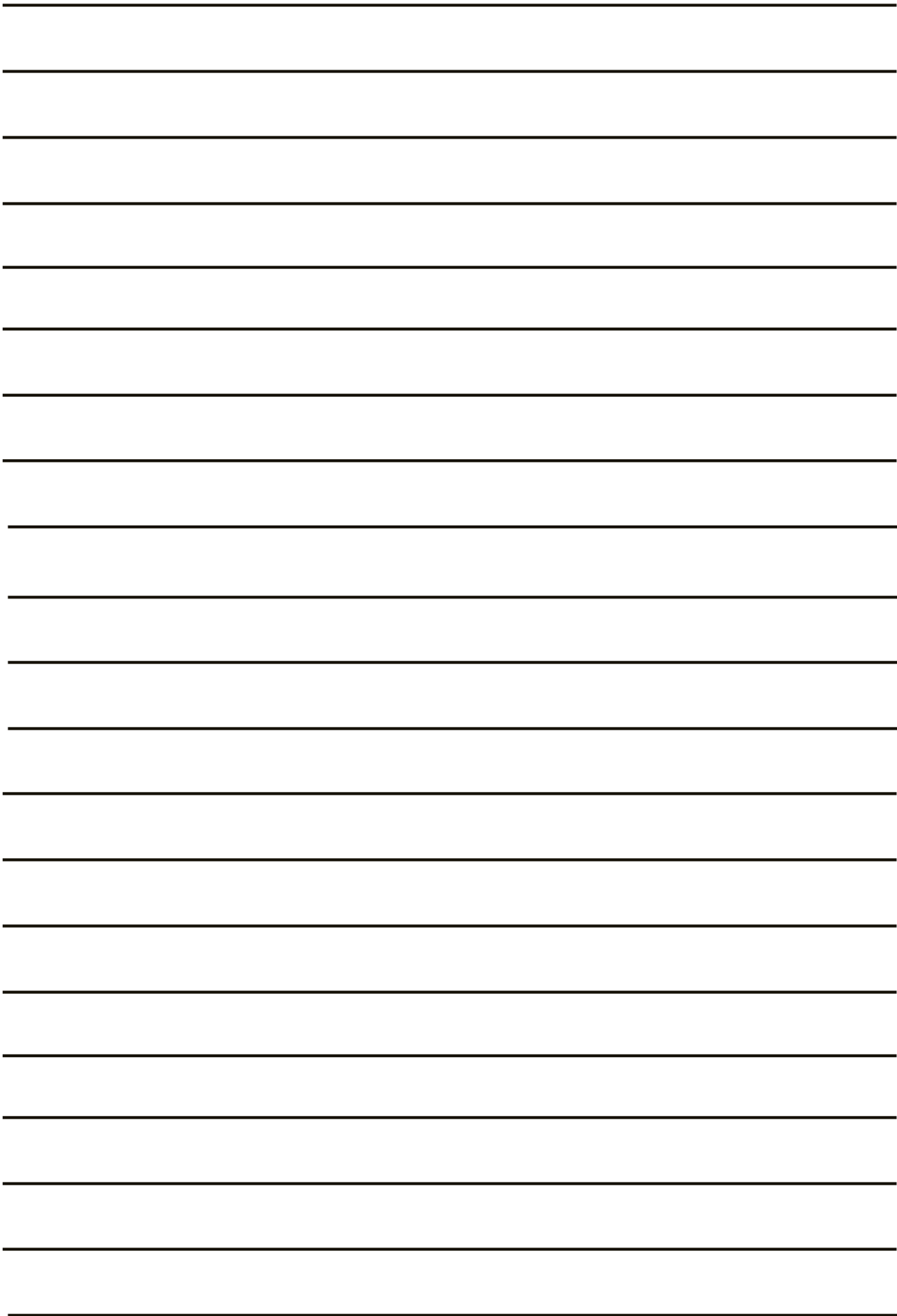


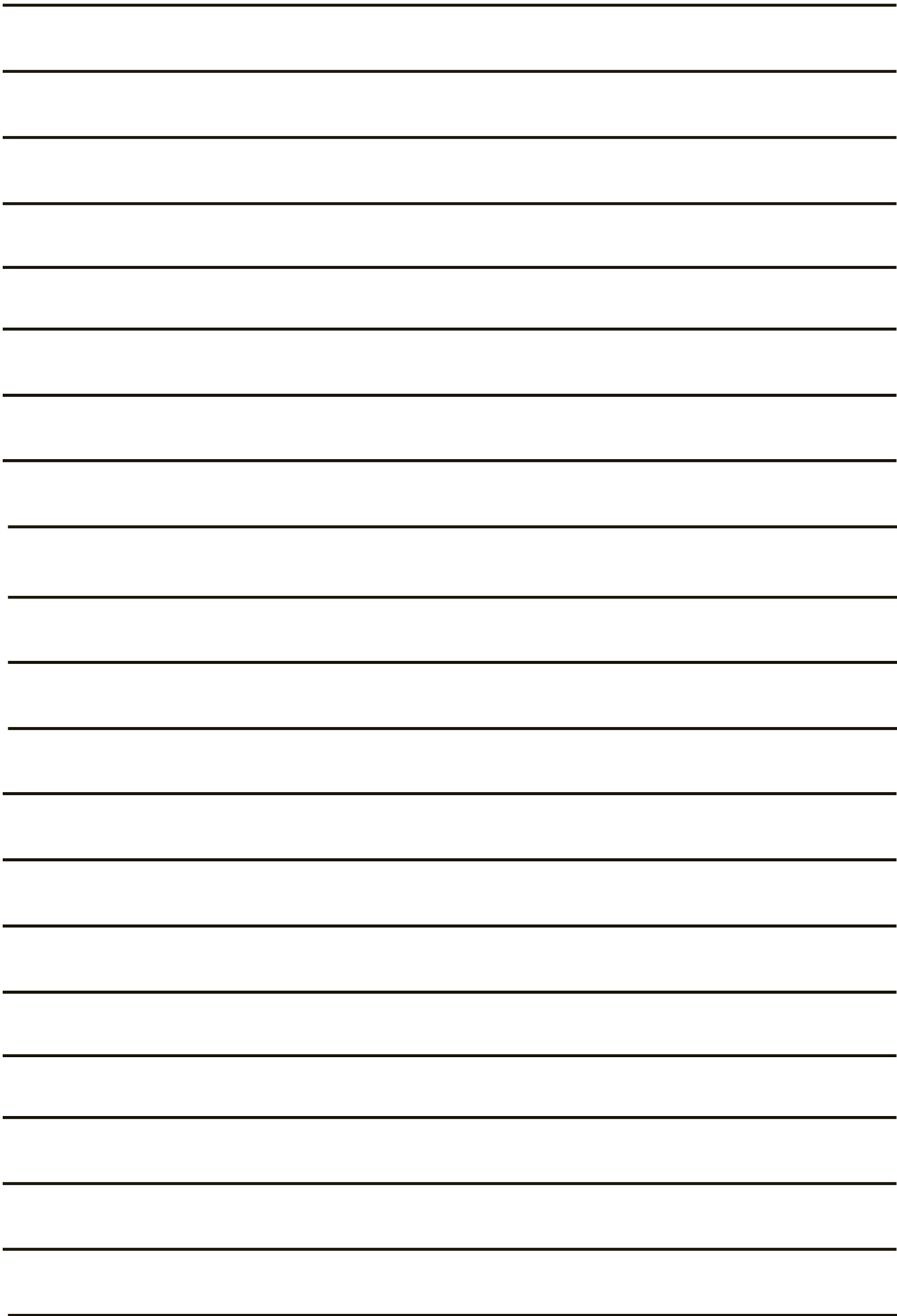


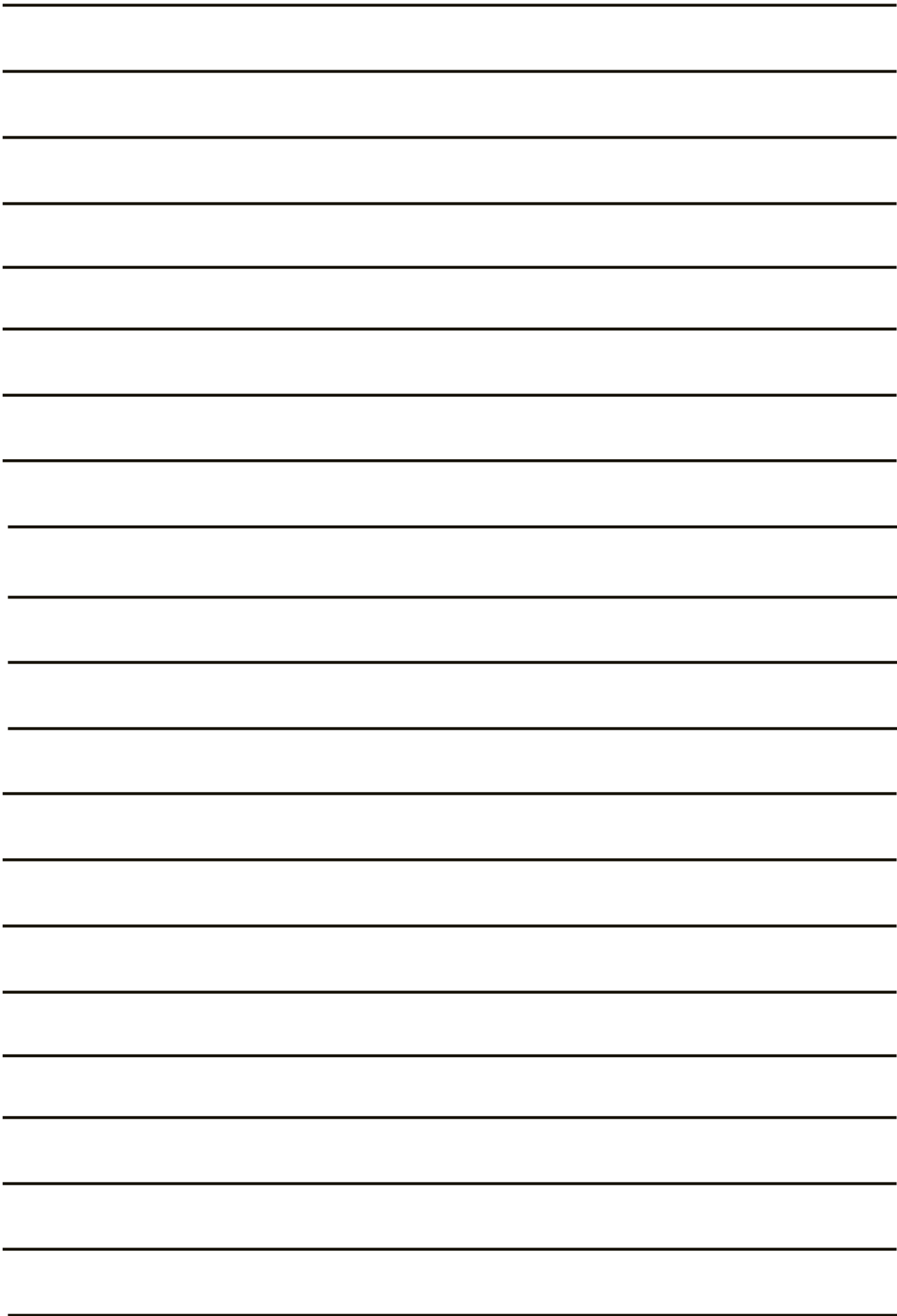


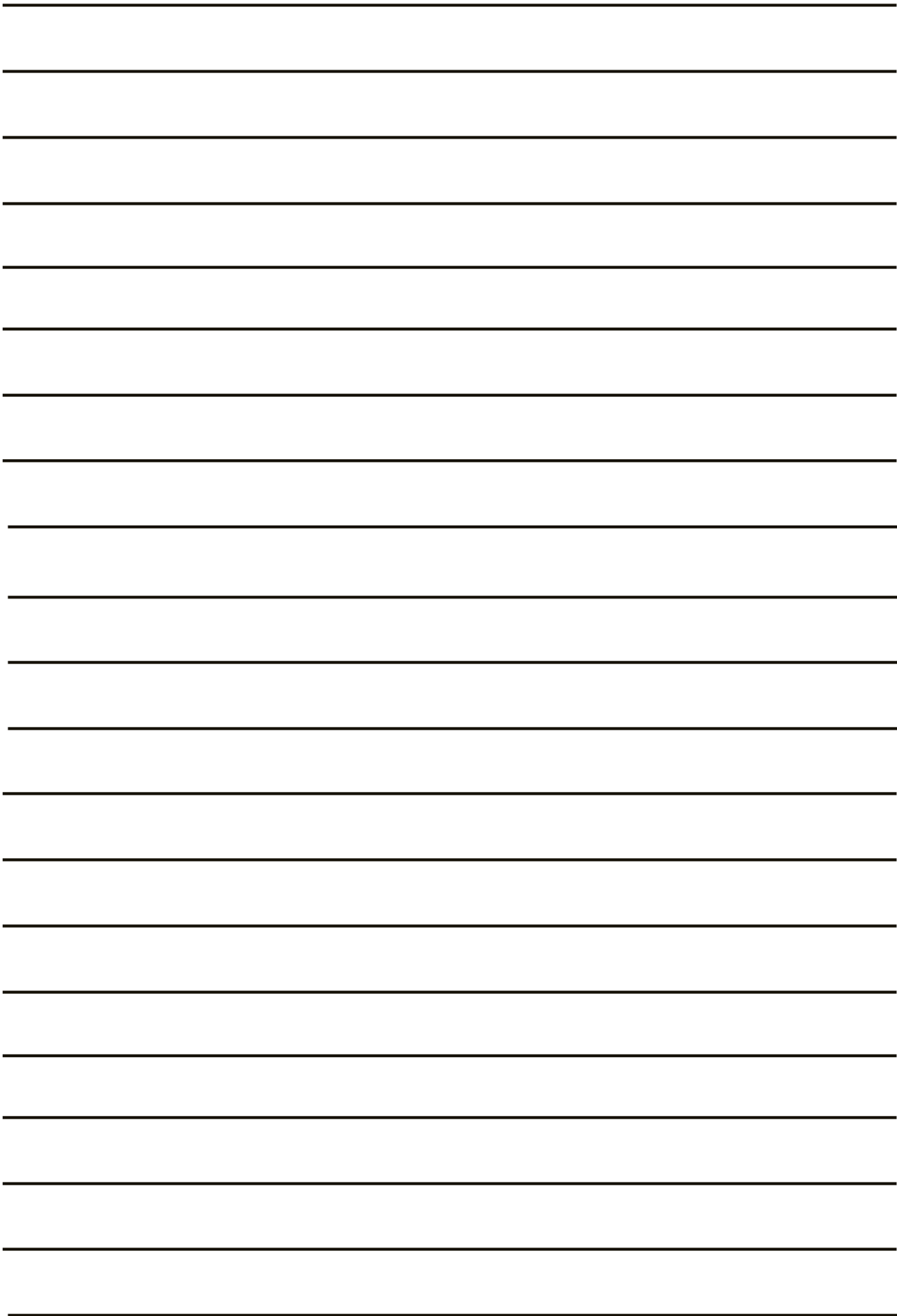


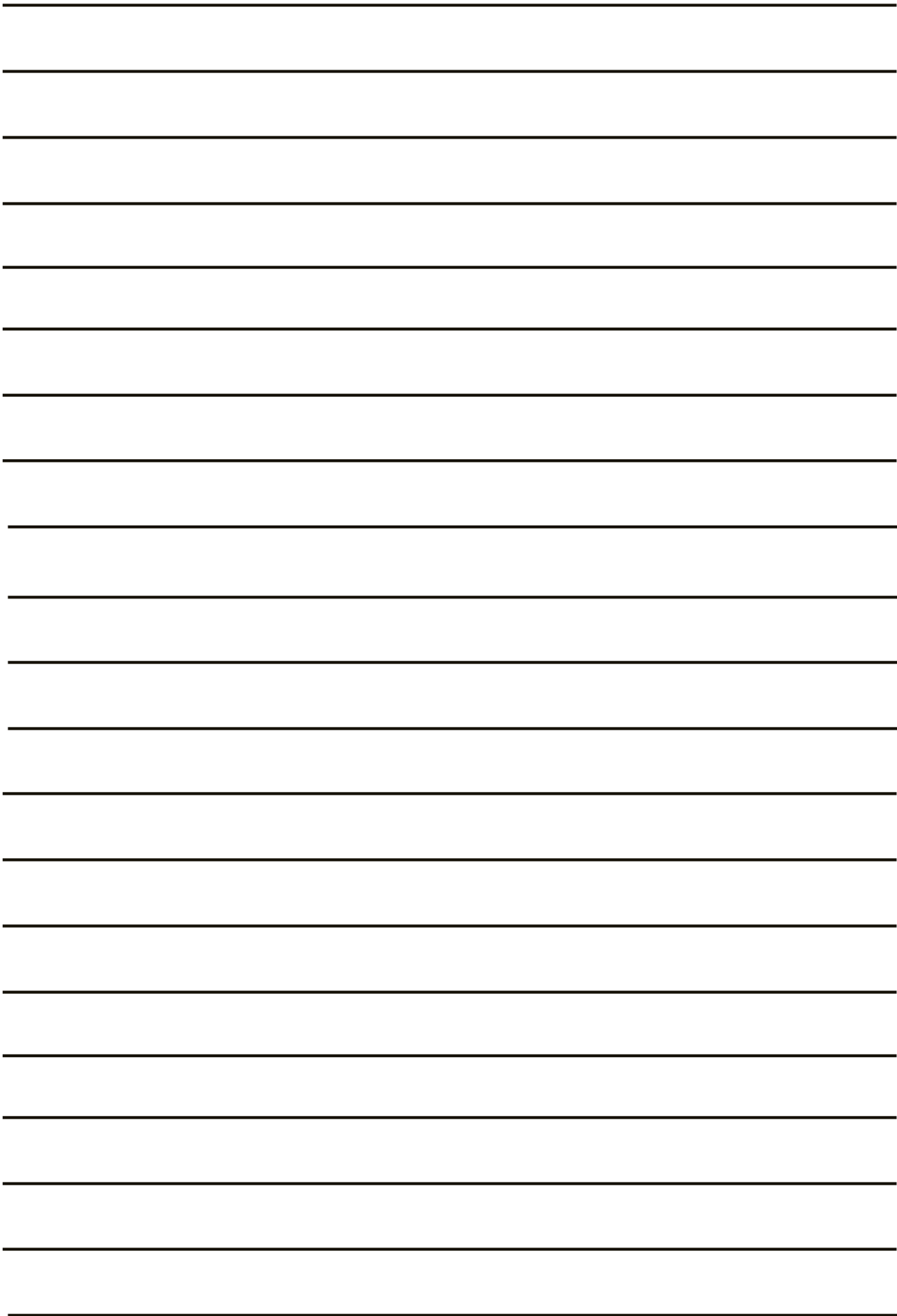


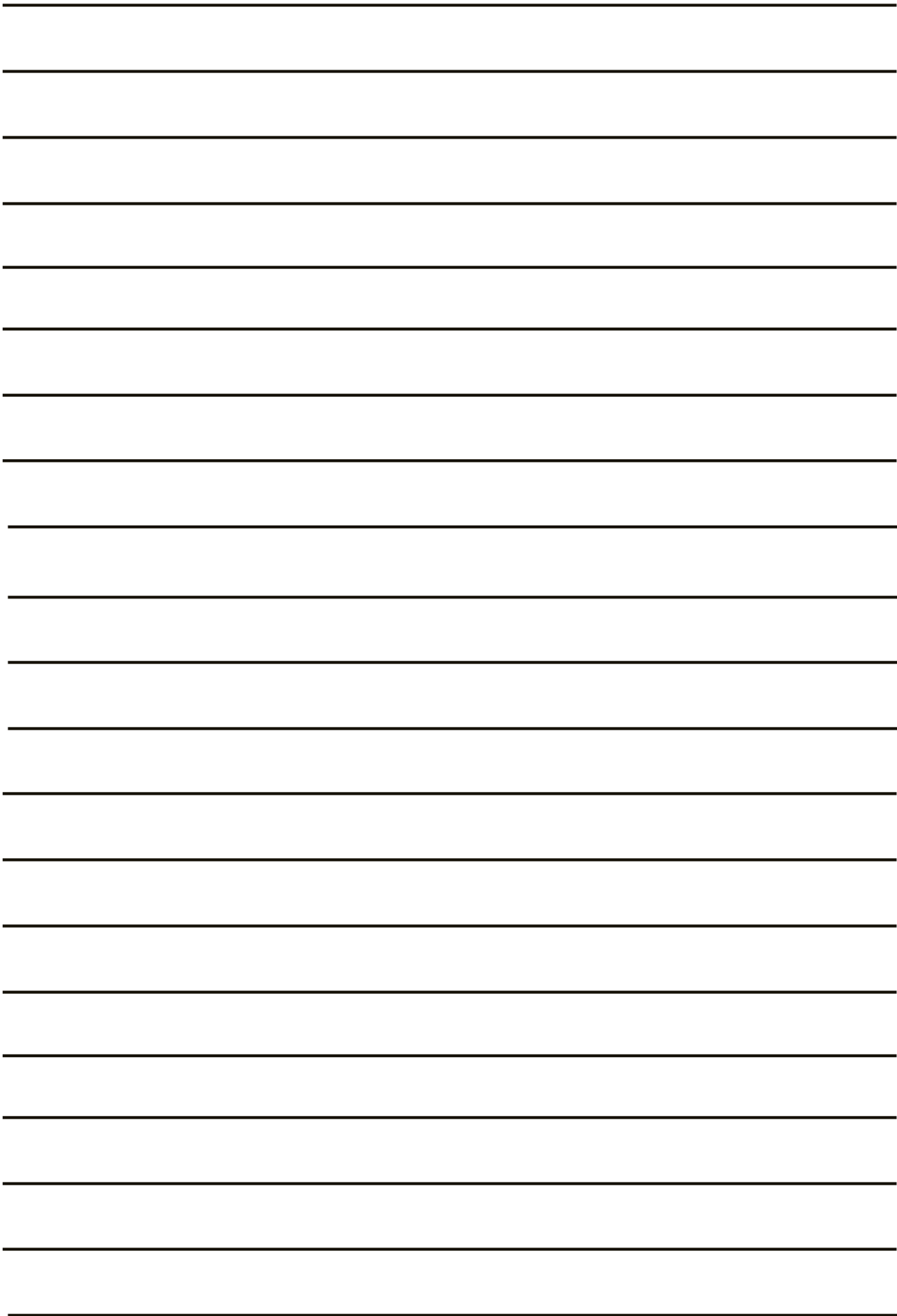










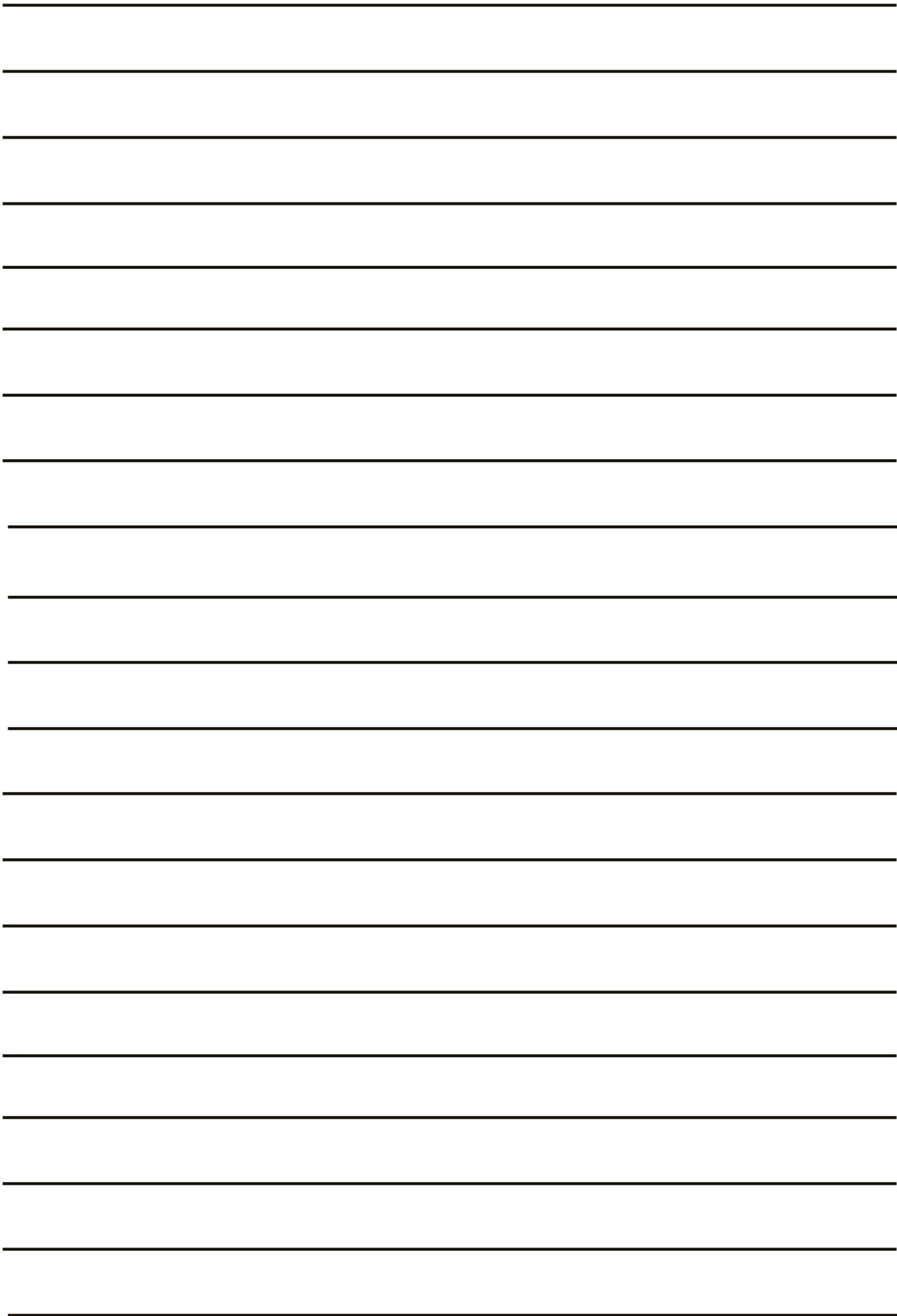


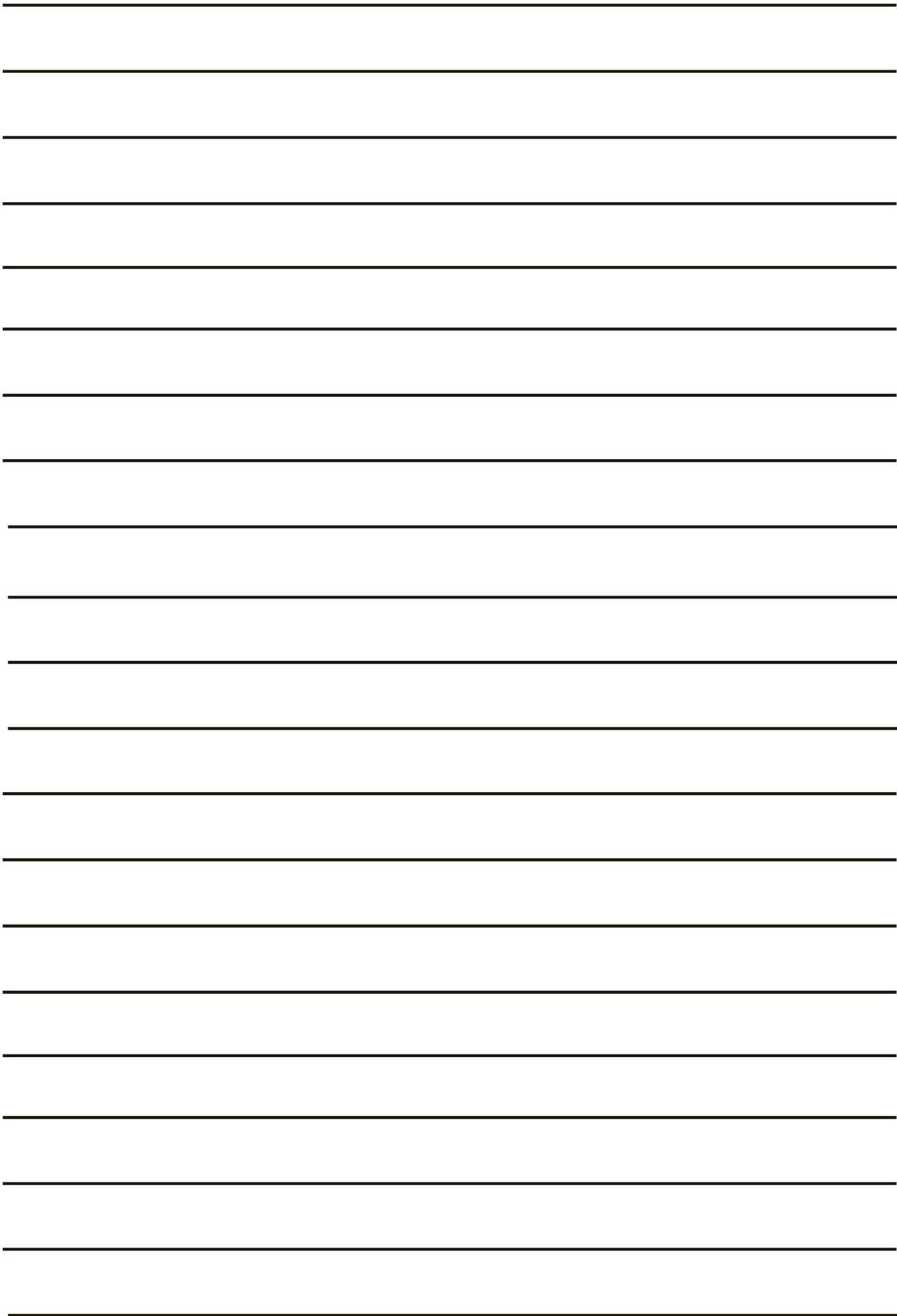
EMPTHY

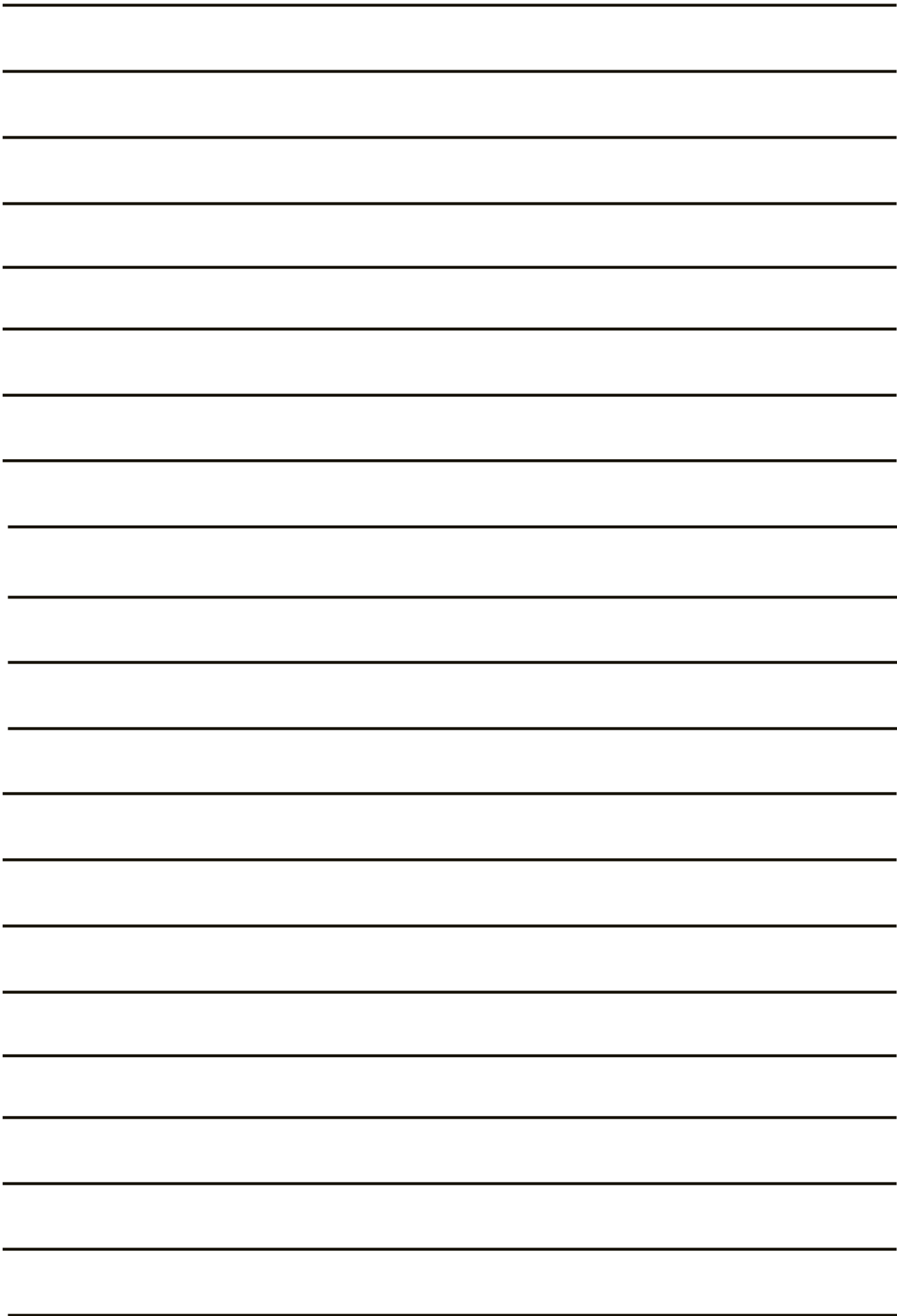
Empathy is your capacity to connect with the client's inner world in a way that is attuned but not invasive, present but not self-sacrificing. It's the ability to sense the emotional texture of their experience – not just what they say, but how it feels to be them in this moment – and to stay with that awareness without needing to change it or insert yourself into it.

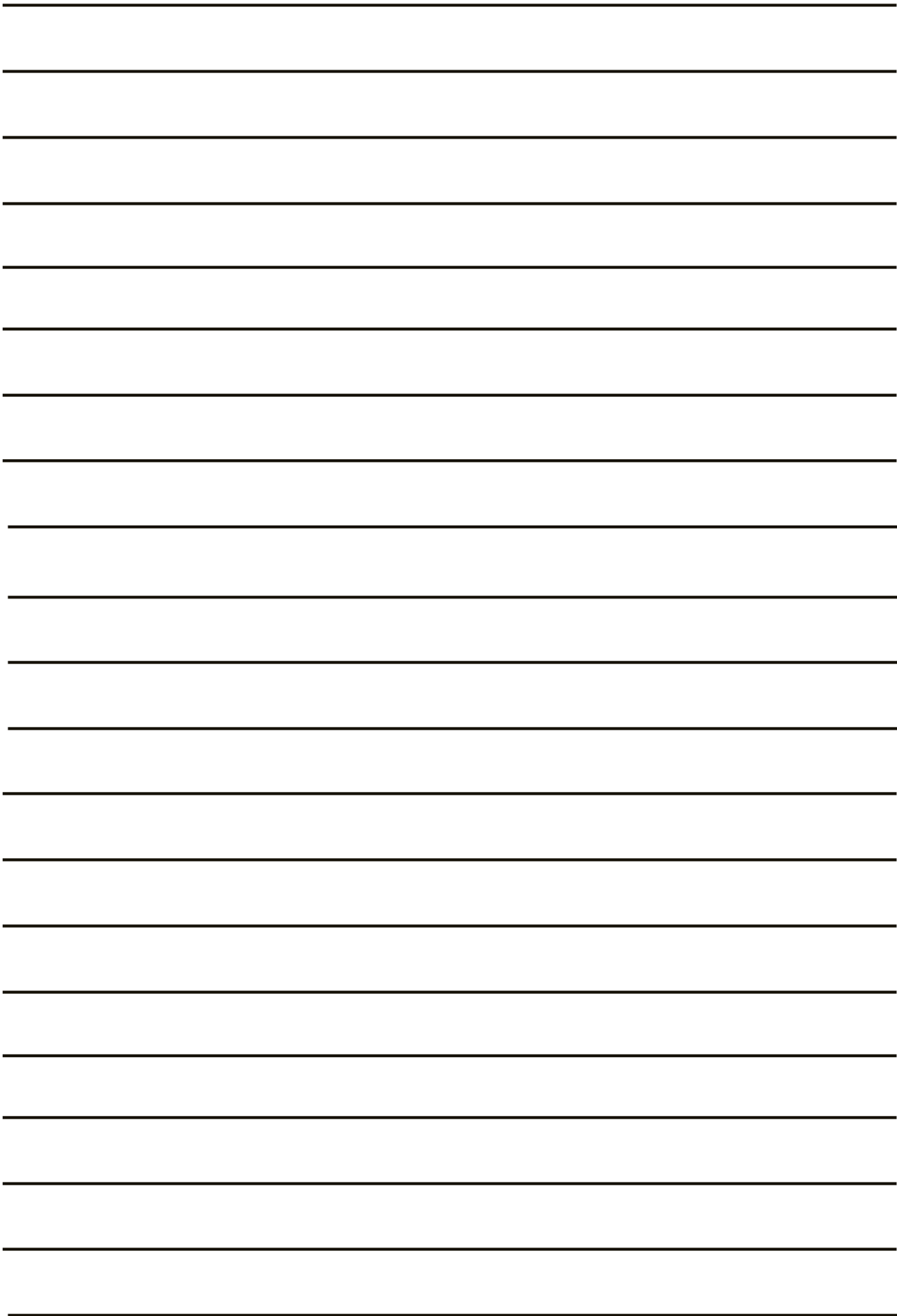
Empathy requires emotional availability and restraint. Without boundaries, empathy can tip into fusion or emotional overwhelm. Without presence, it becomes analysis or performance. True empathy is grounded. It tracks both the client's experience and your own, and it reflects that understanding with care, clarity, and humility.

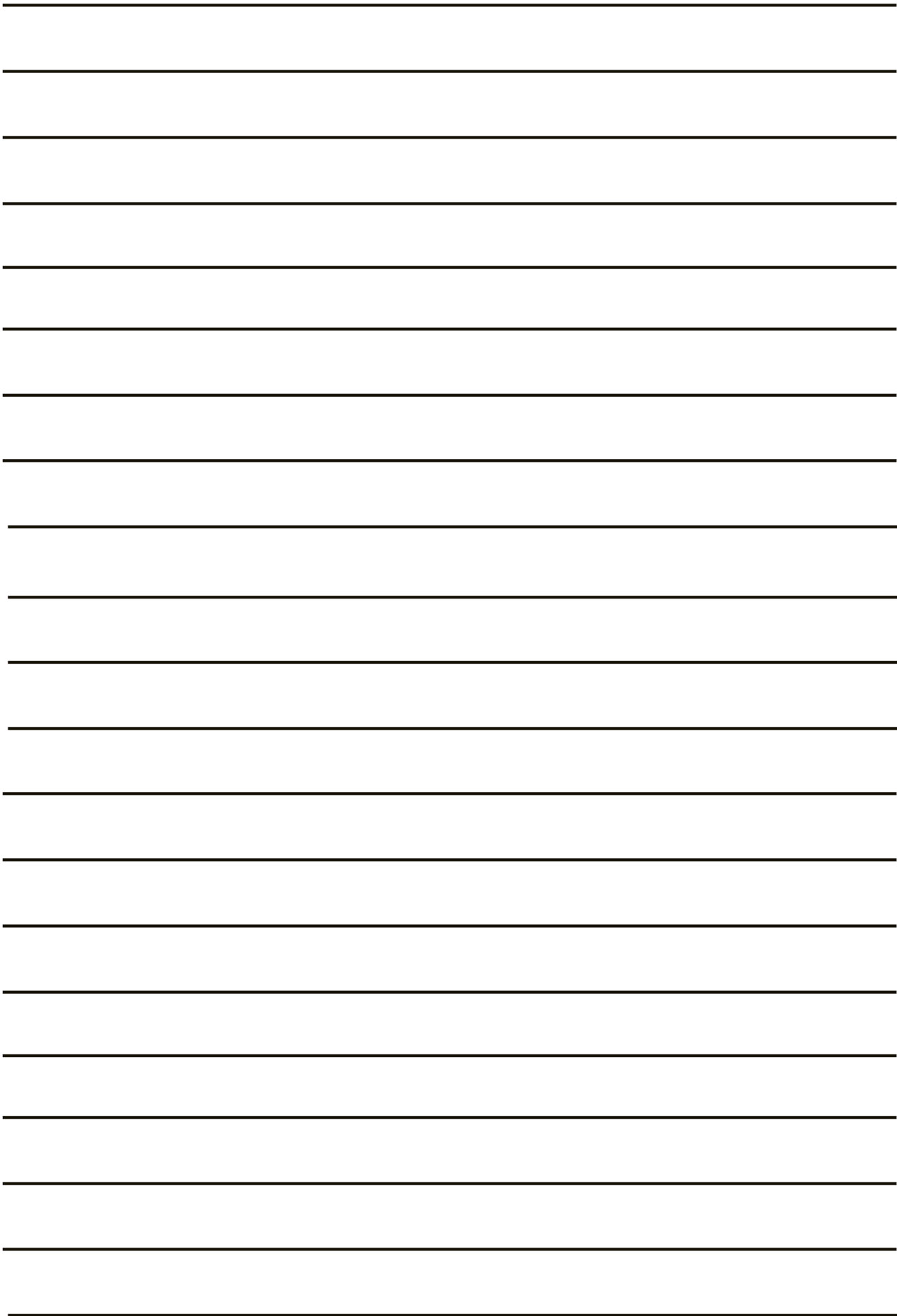
These reflections will help you explore your natural empathic style, where it supports connection, and where it may need more containment, clarity, or regulation.

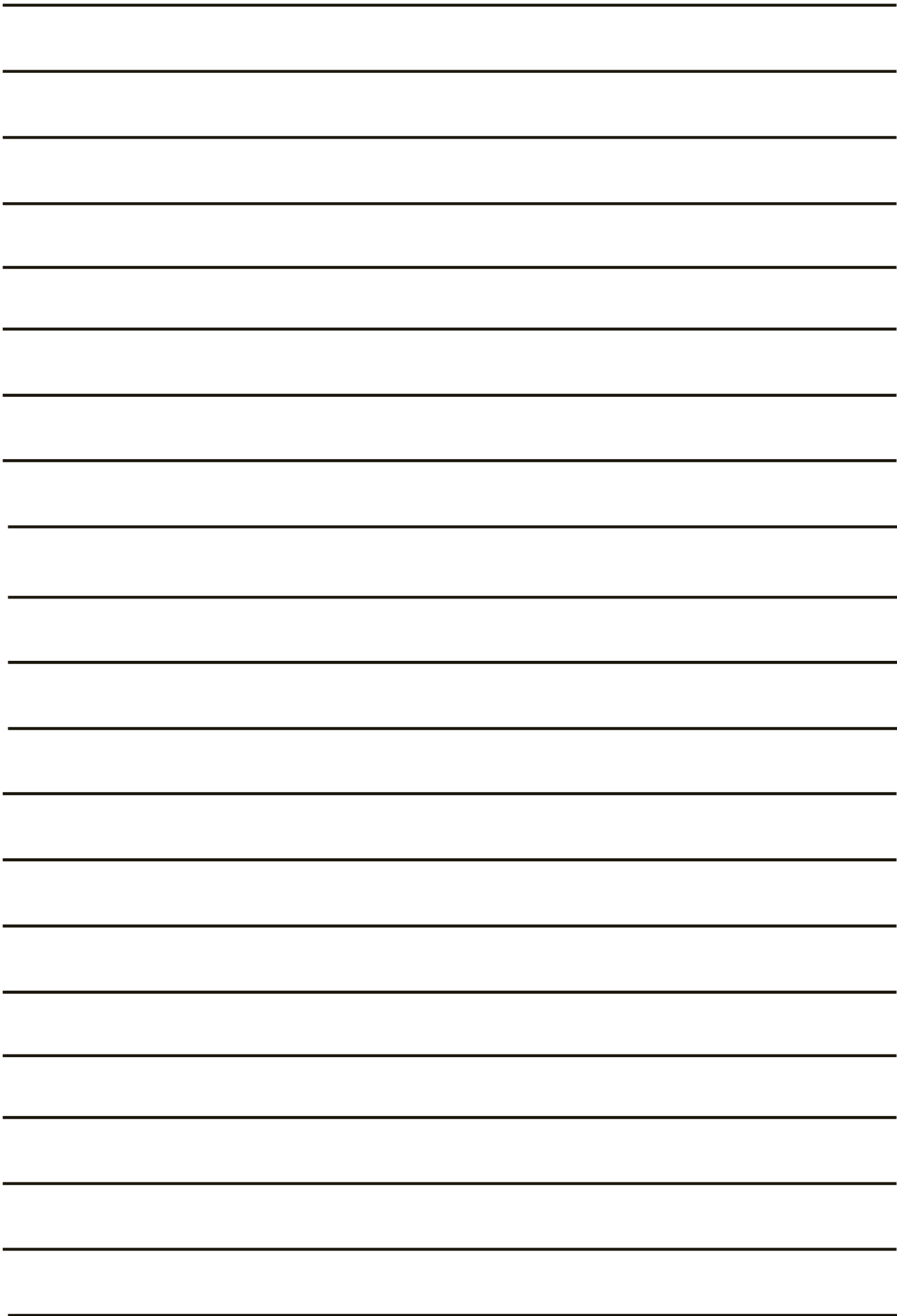


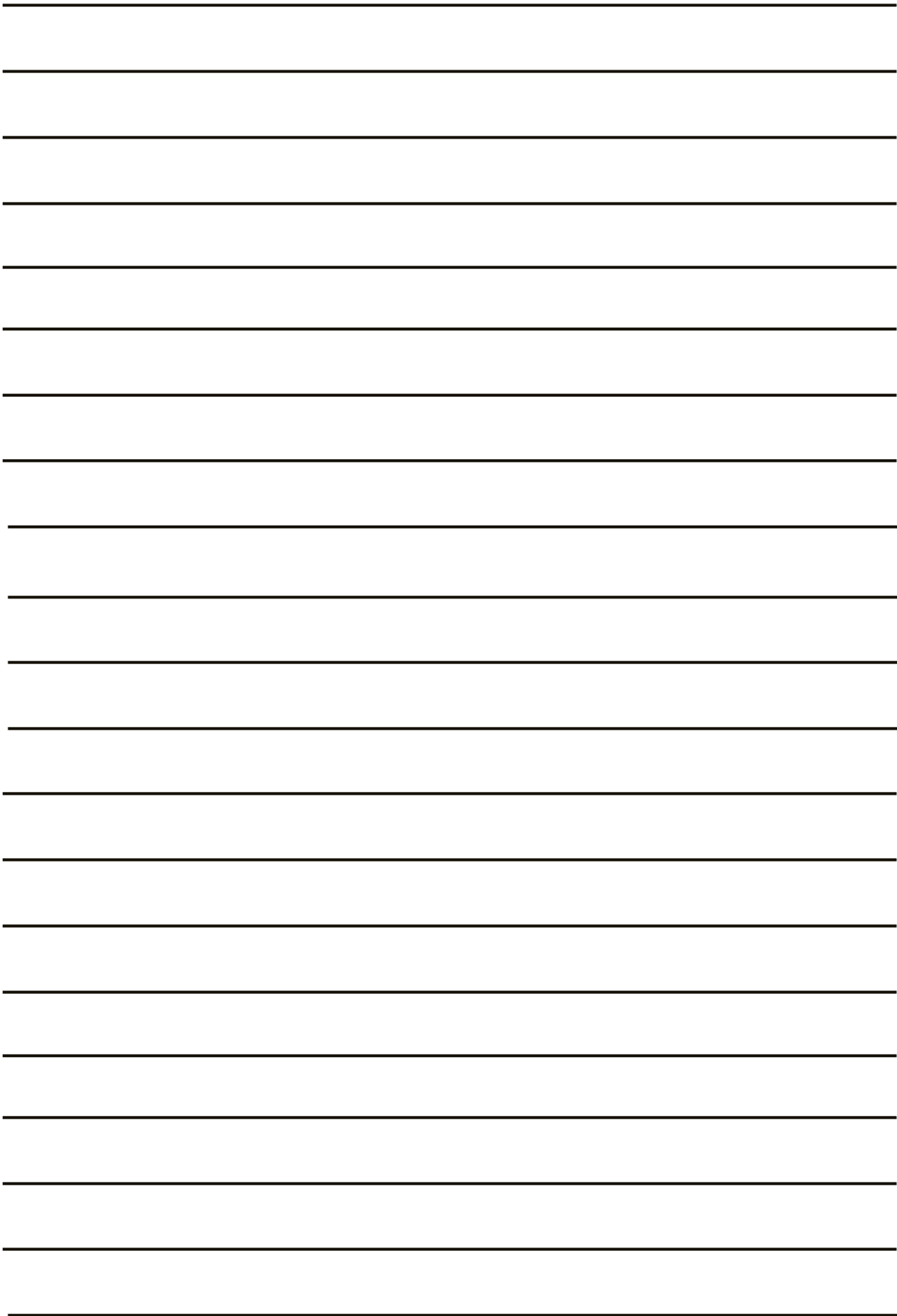


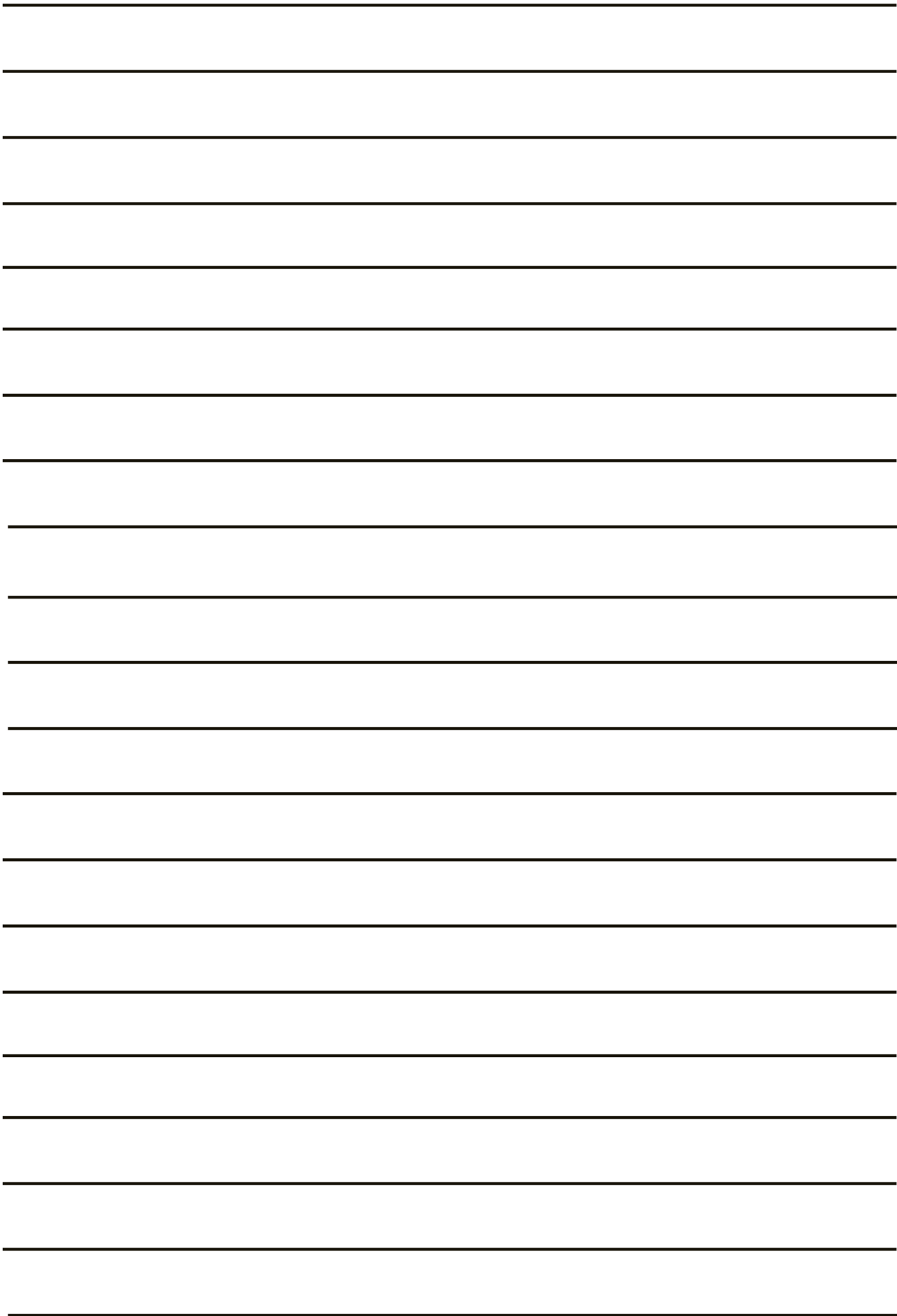


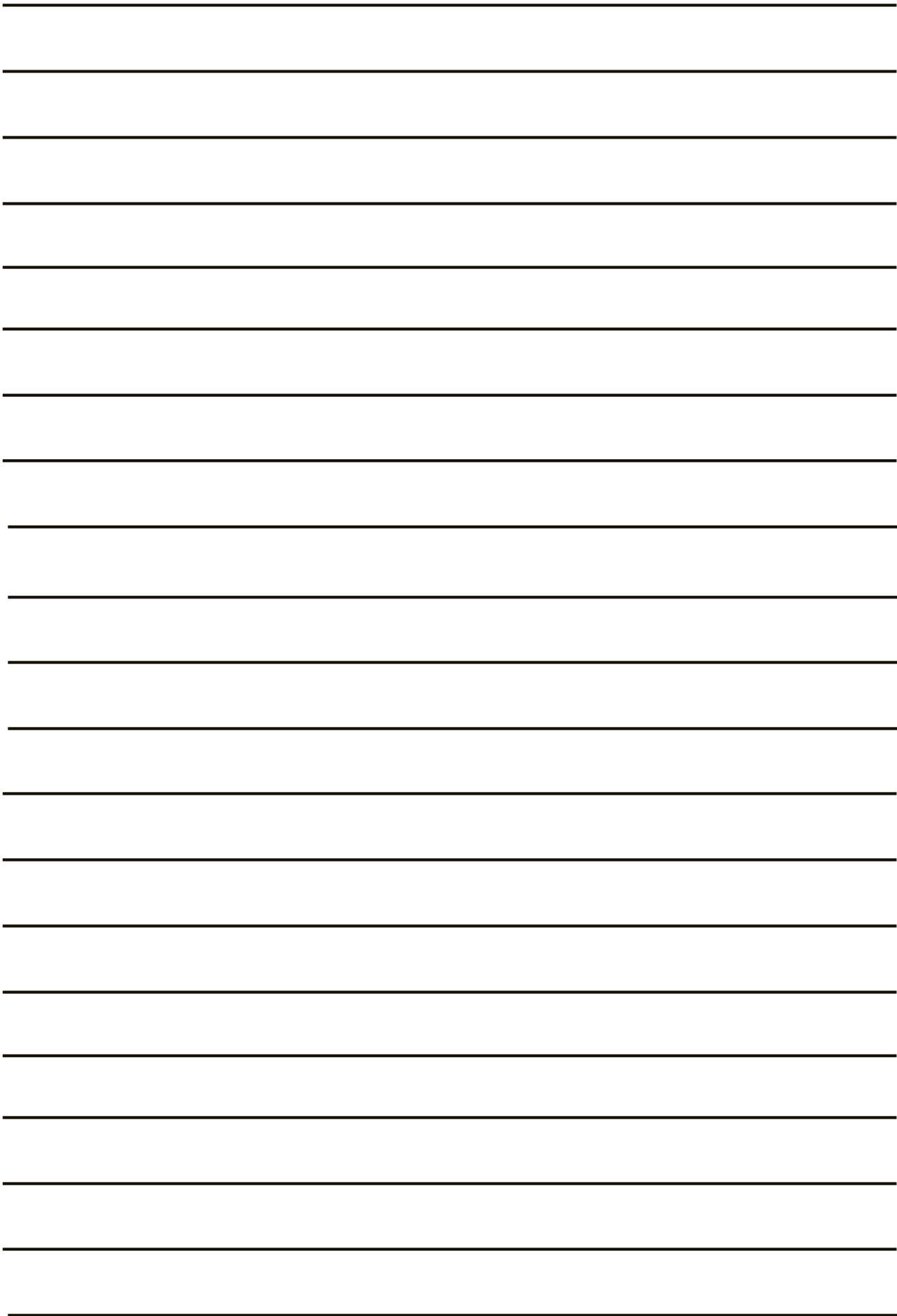


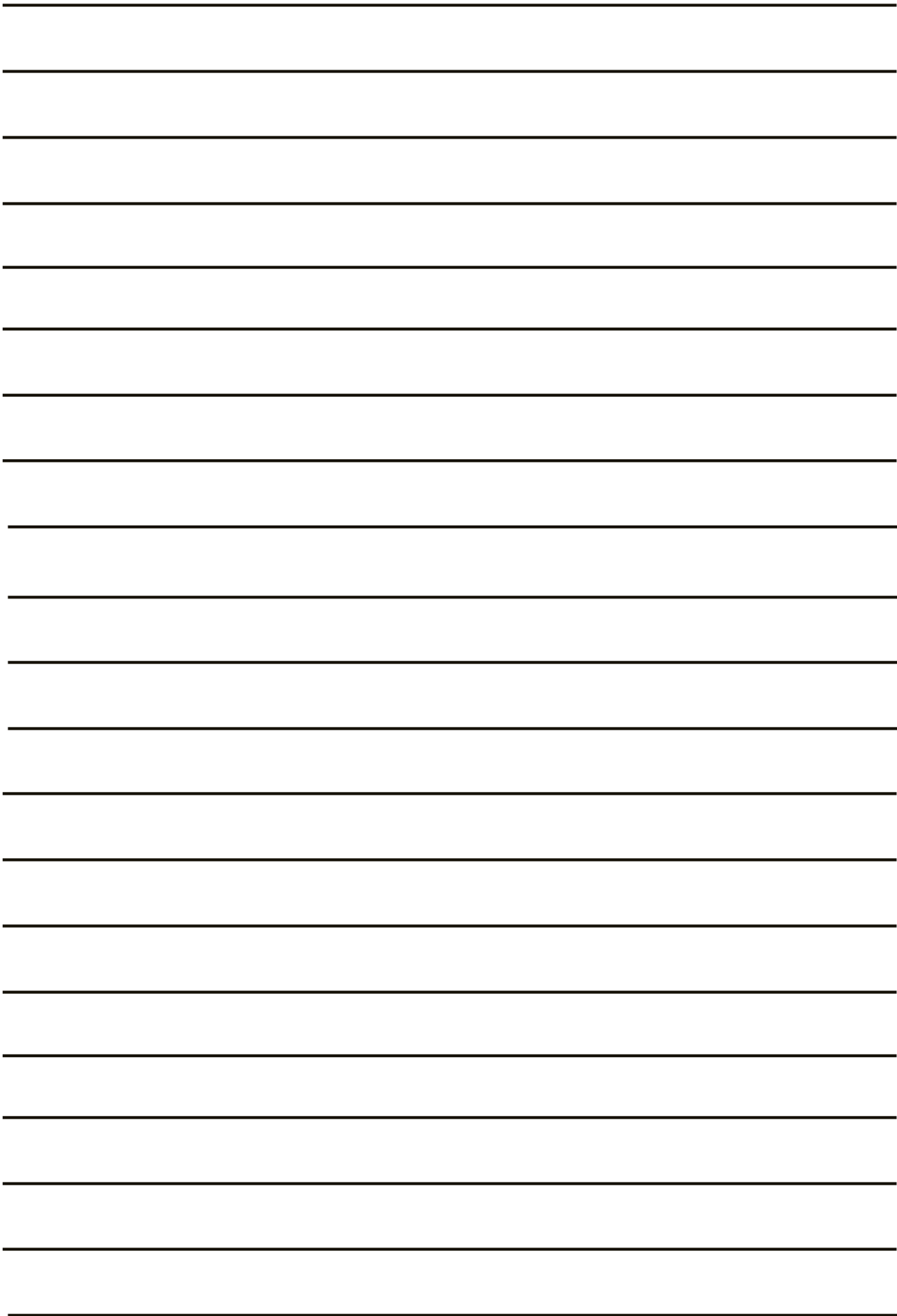


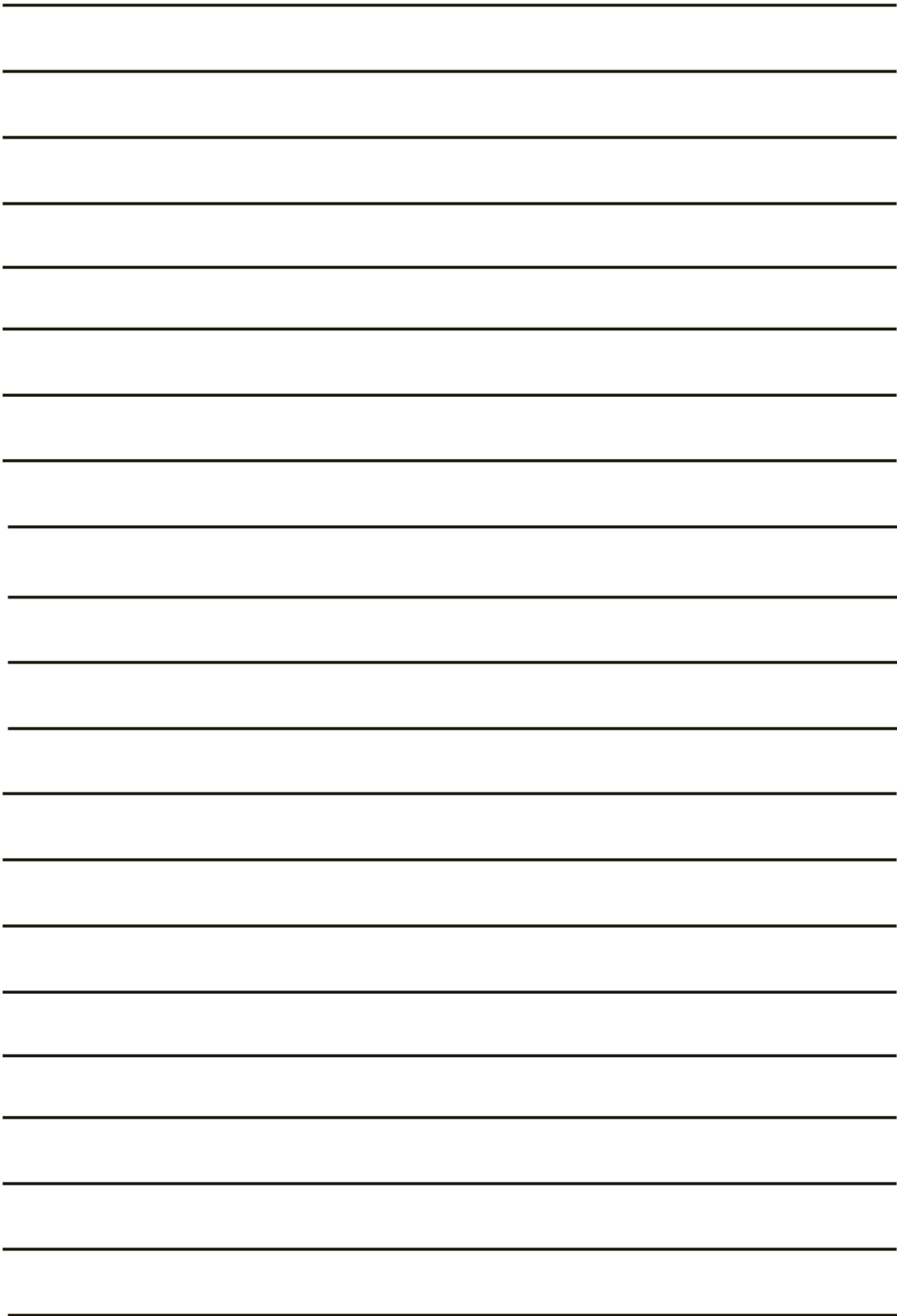


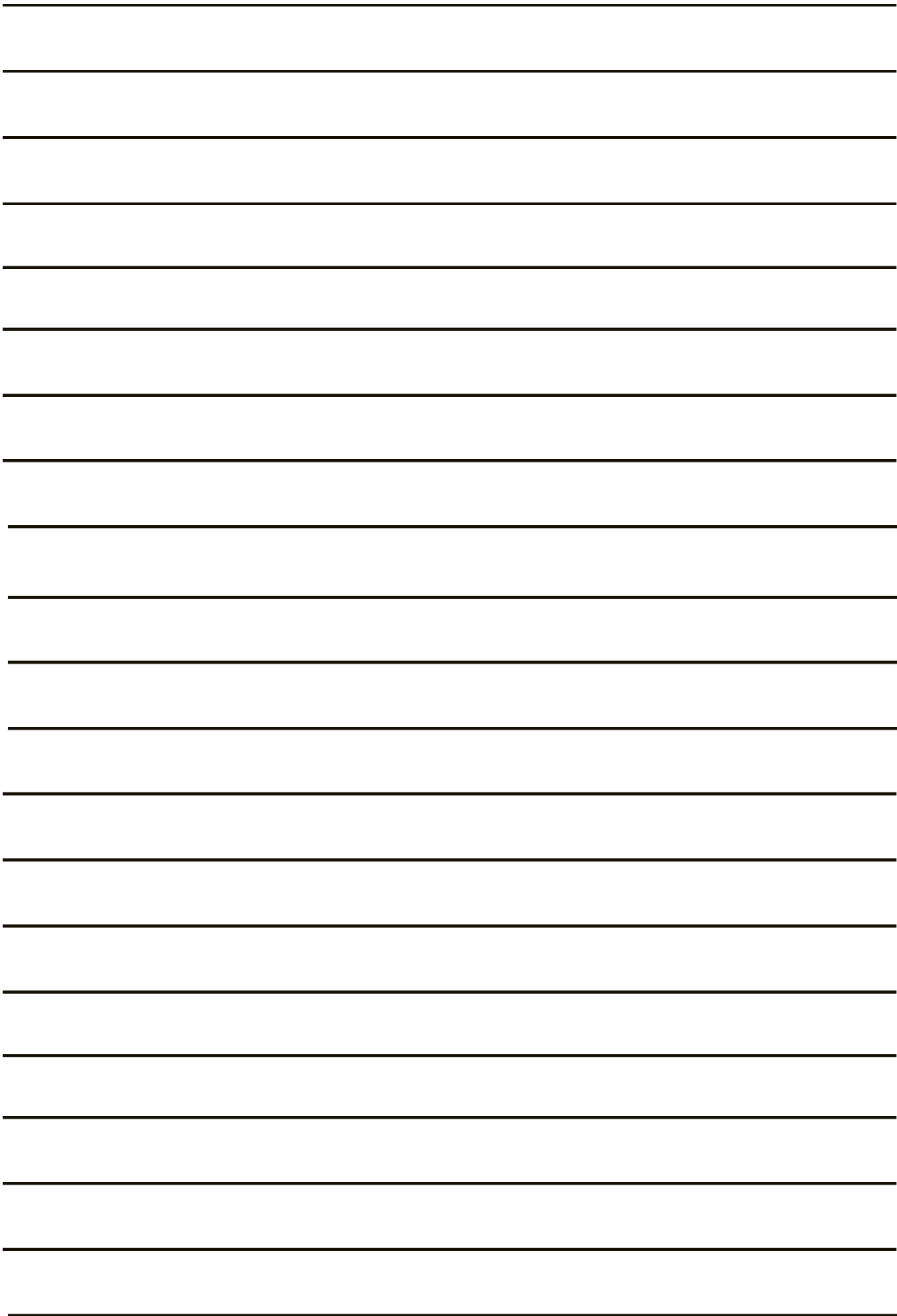


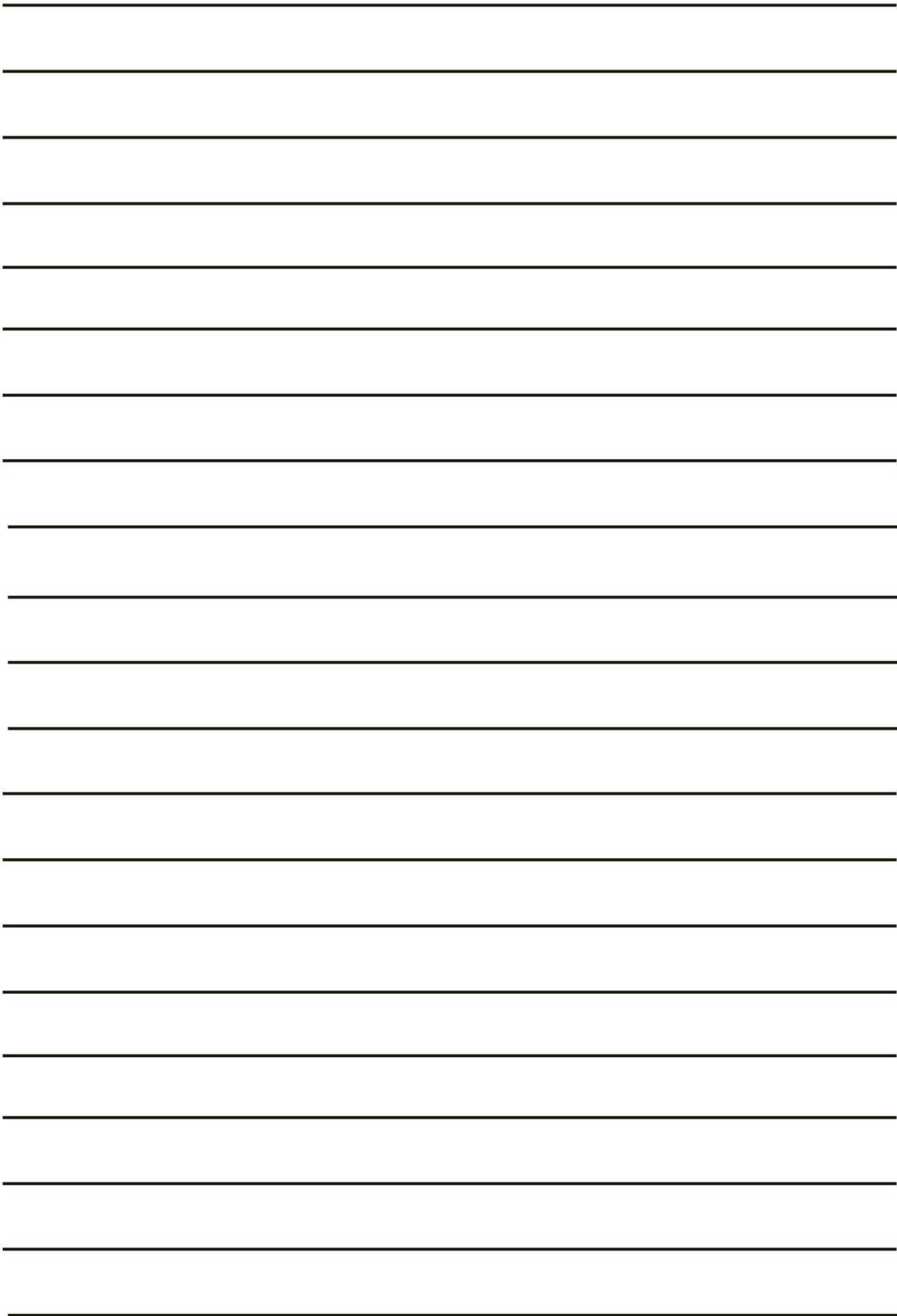


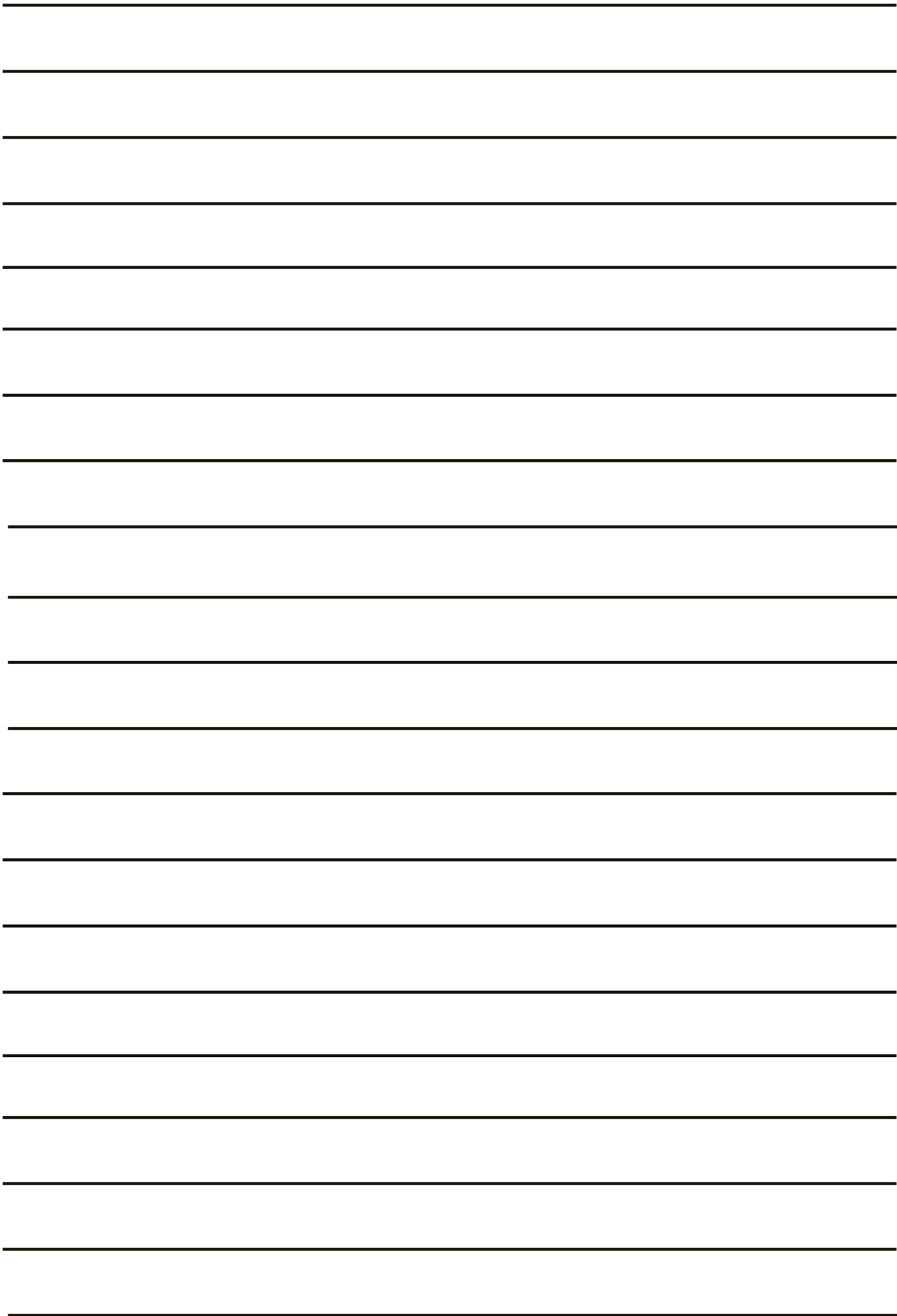


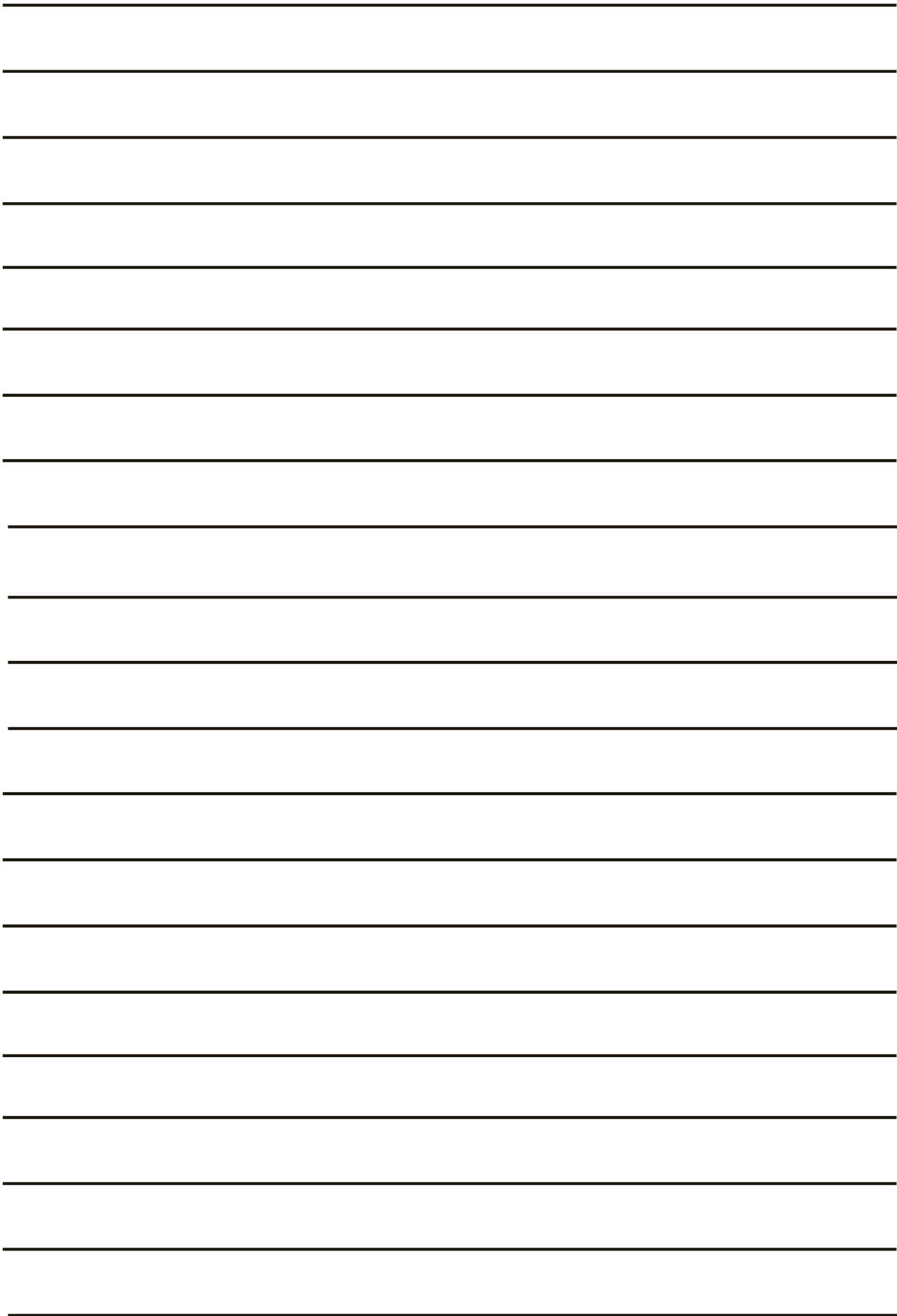










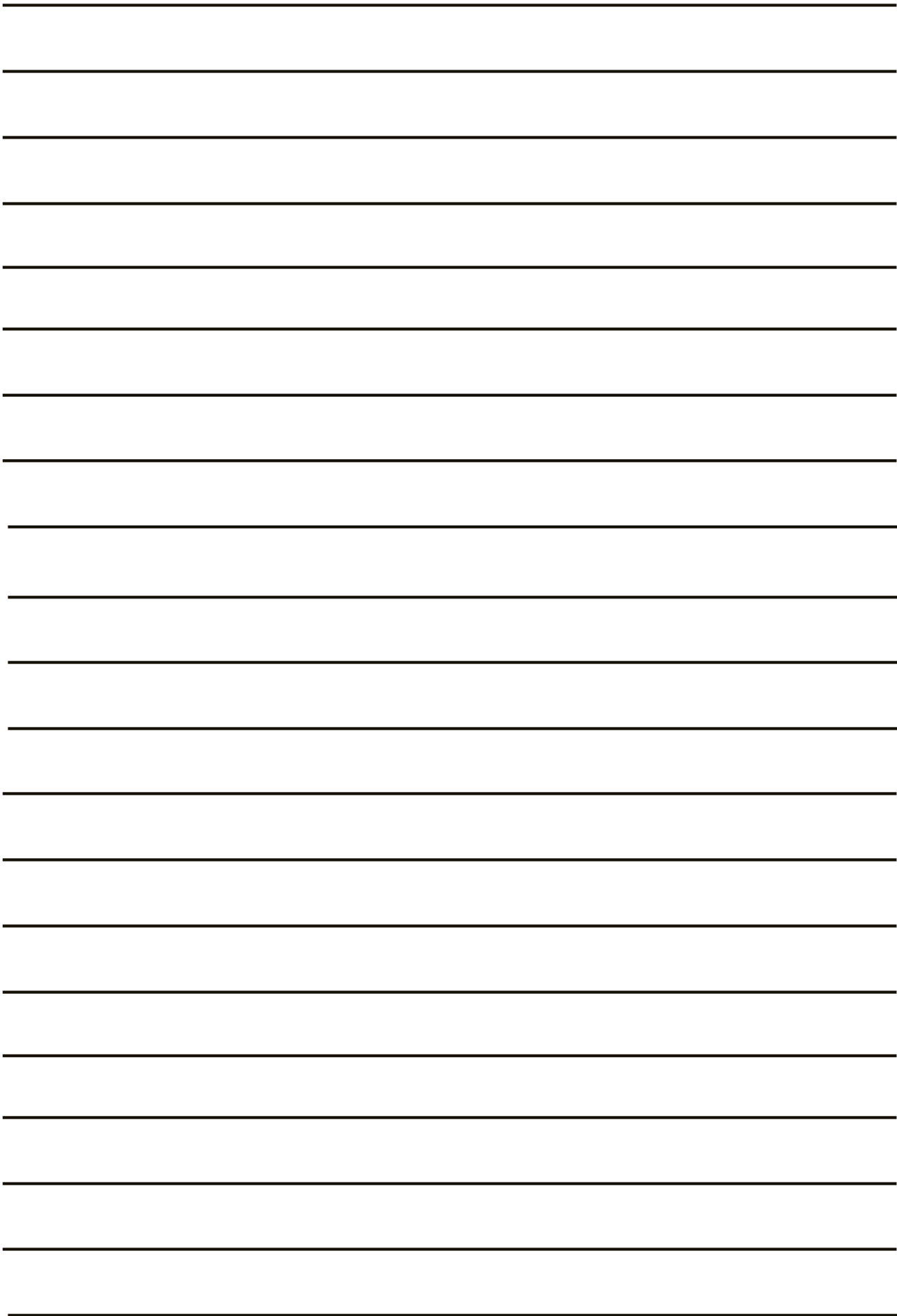


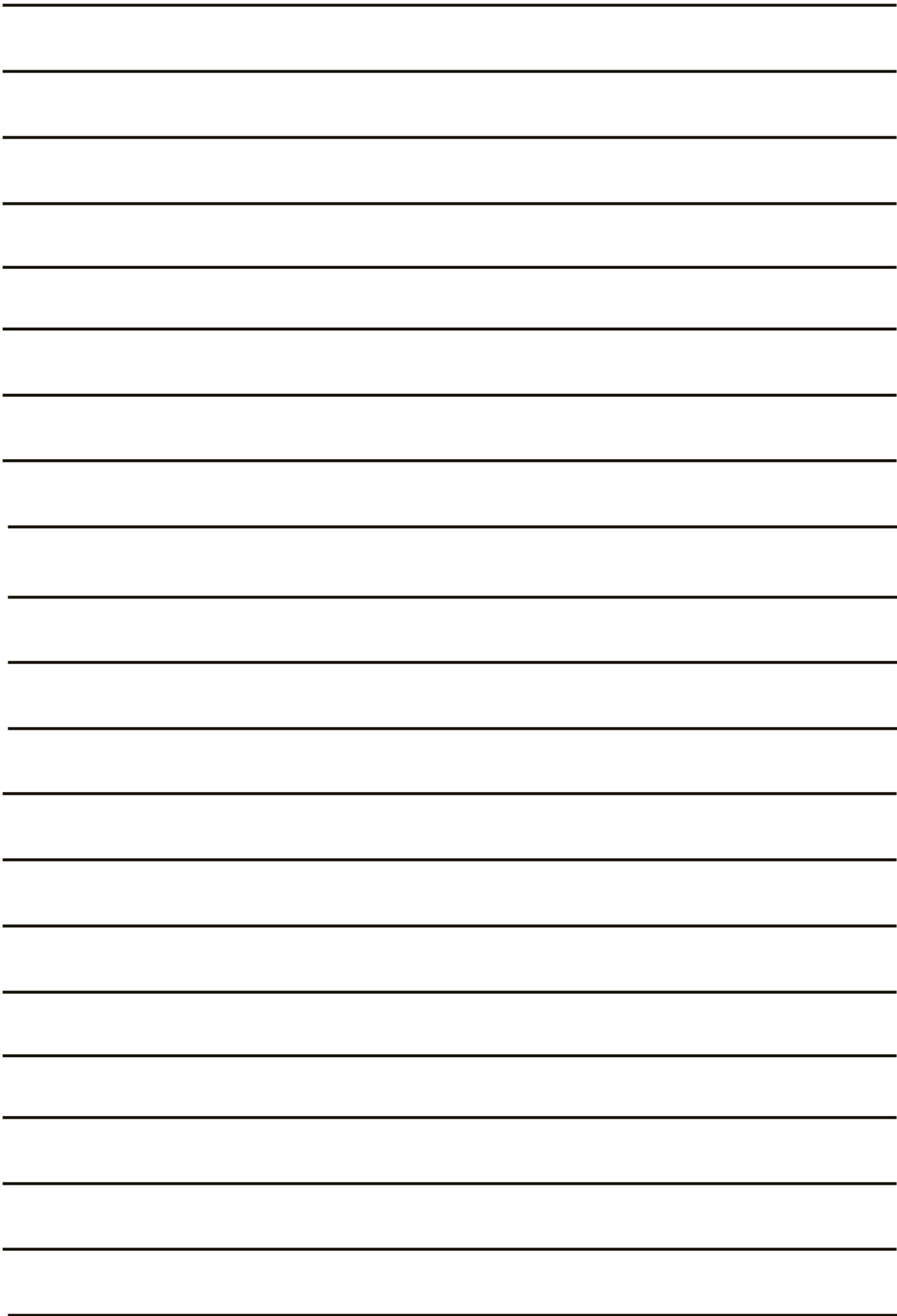
ACTIVE LISTENING

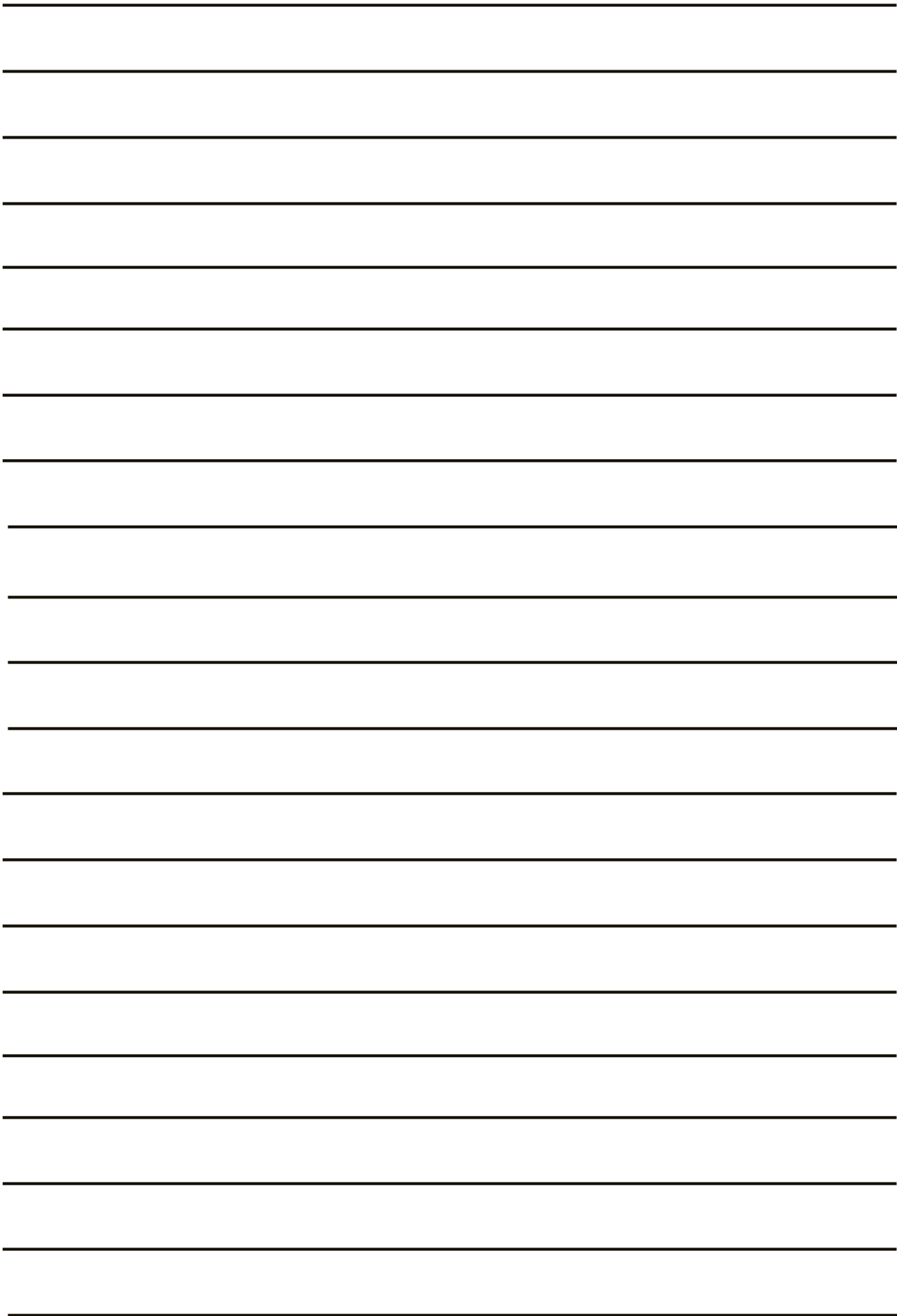
Active listening is more than paying attention. It's a way of being in the space that invites trust, safety, and depth – not because you say the right thing, but because your presence allows the client to hear themselves more clearly.

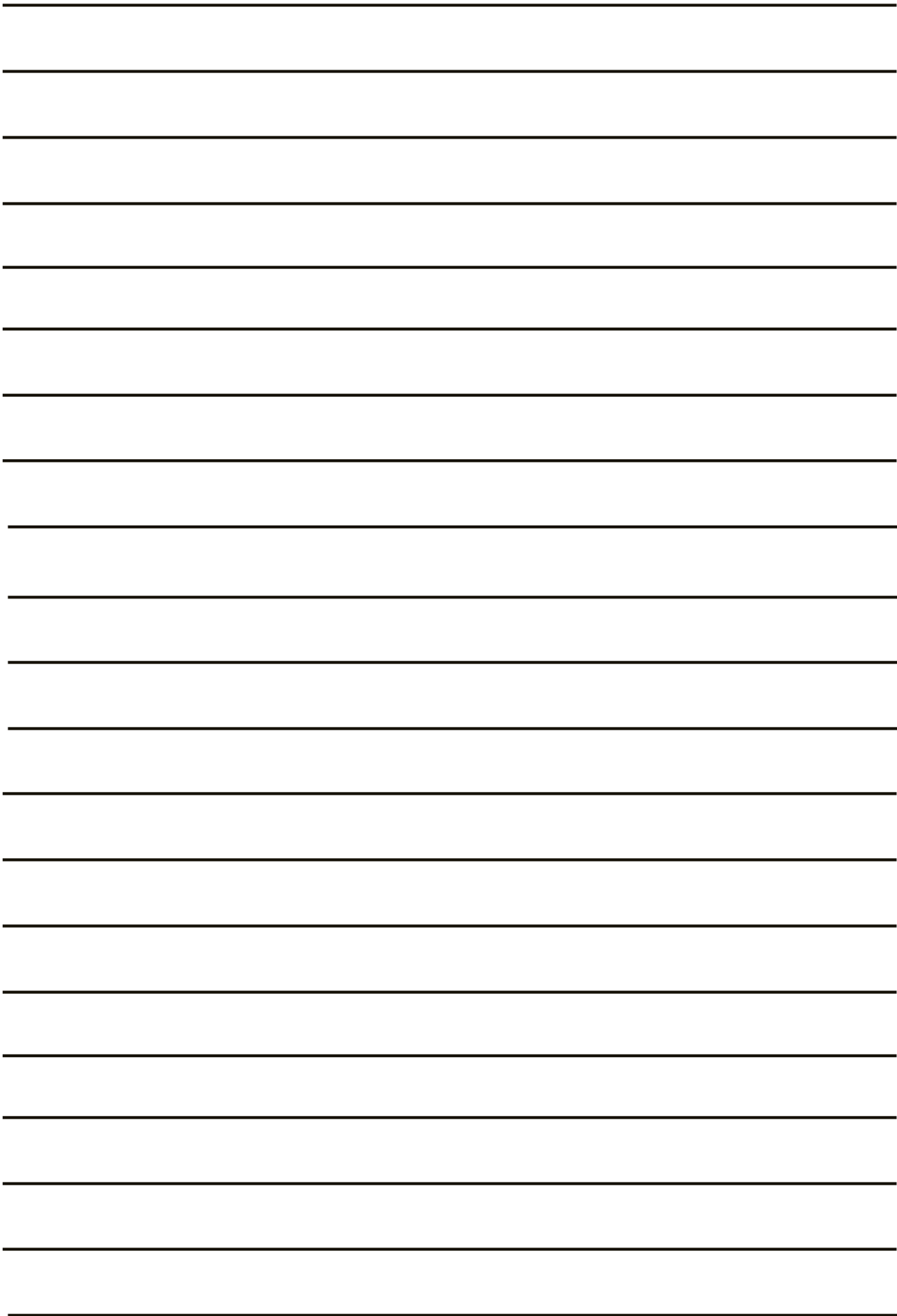
This kind of listening isn't passive, but it's not performative either. It's engaged, responsive, and spacious. It tracks not just content, but tone, pace, pauses, and what's left unsaid. It's listening without interruption, without projection, and without mentally preparing your response while the other person is still speaking.

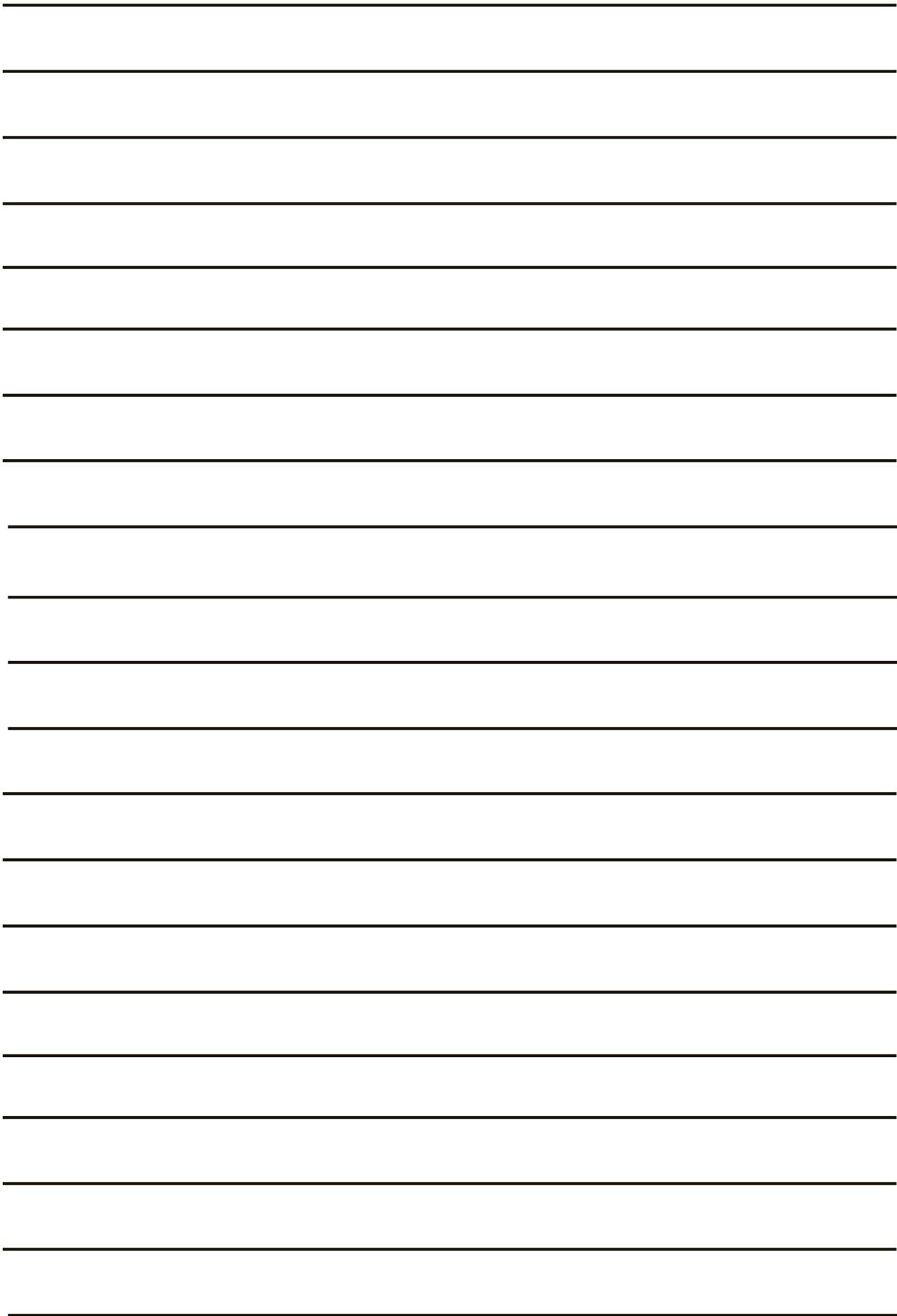
This section will help you explore how you listen – what supports your attunement, what interferes with it, and what helps you remain receptive and present in the moments when it's hardest to stay with what's being said.

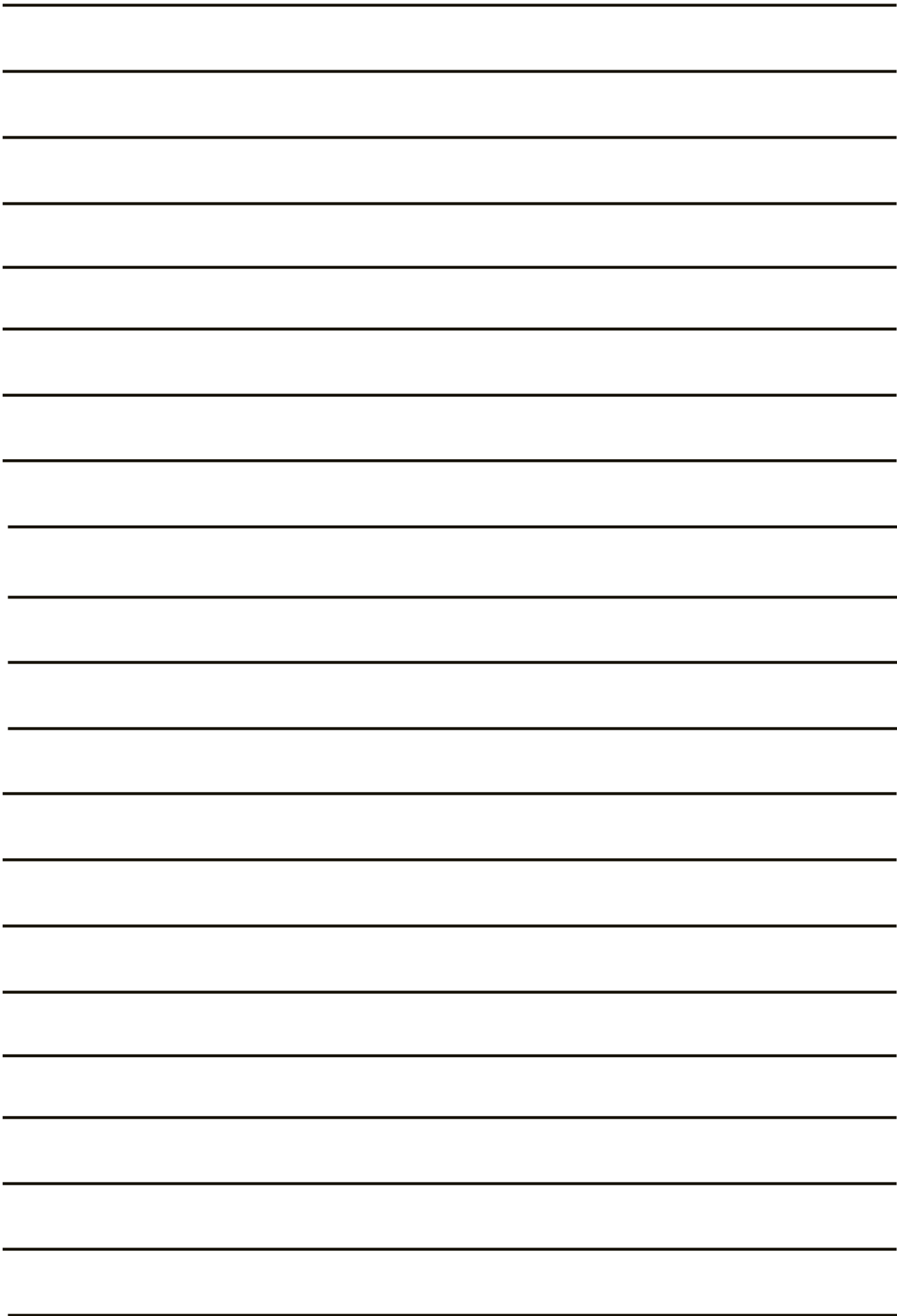


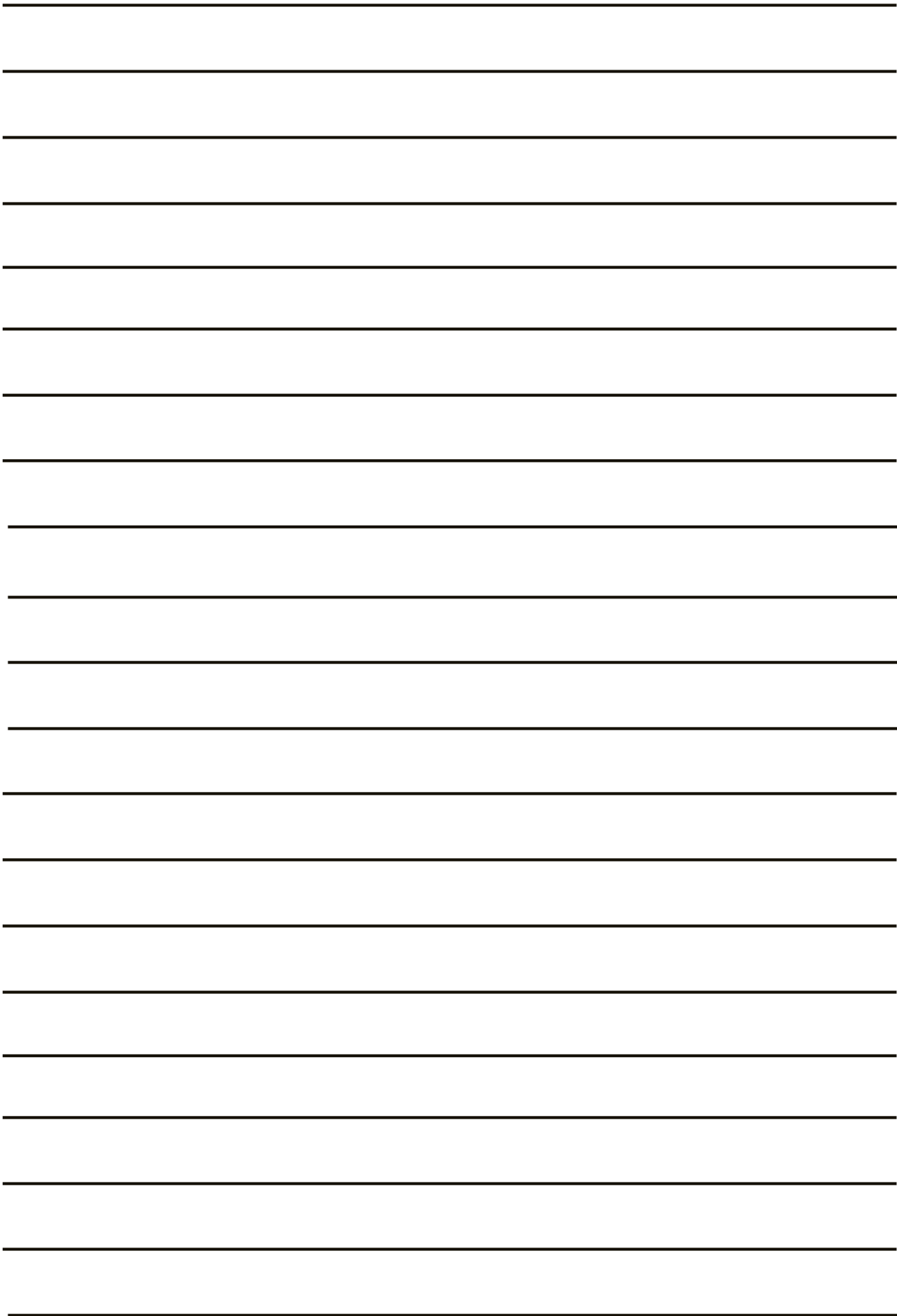


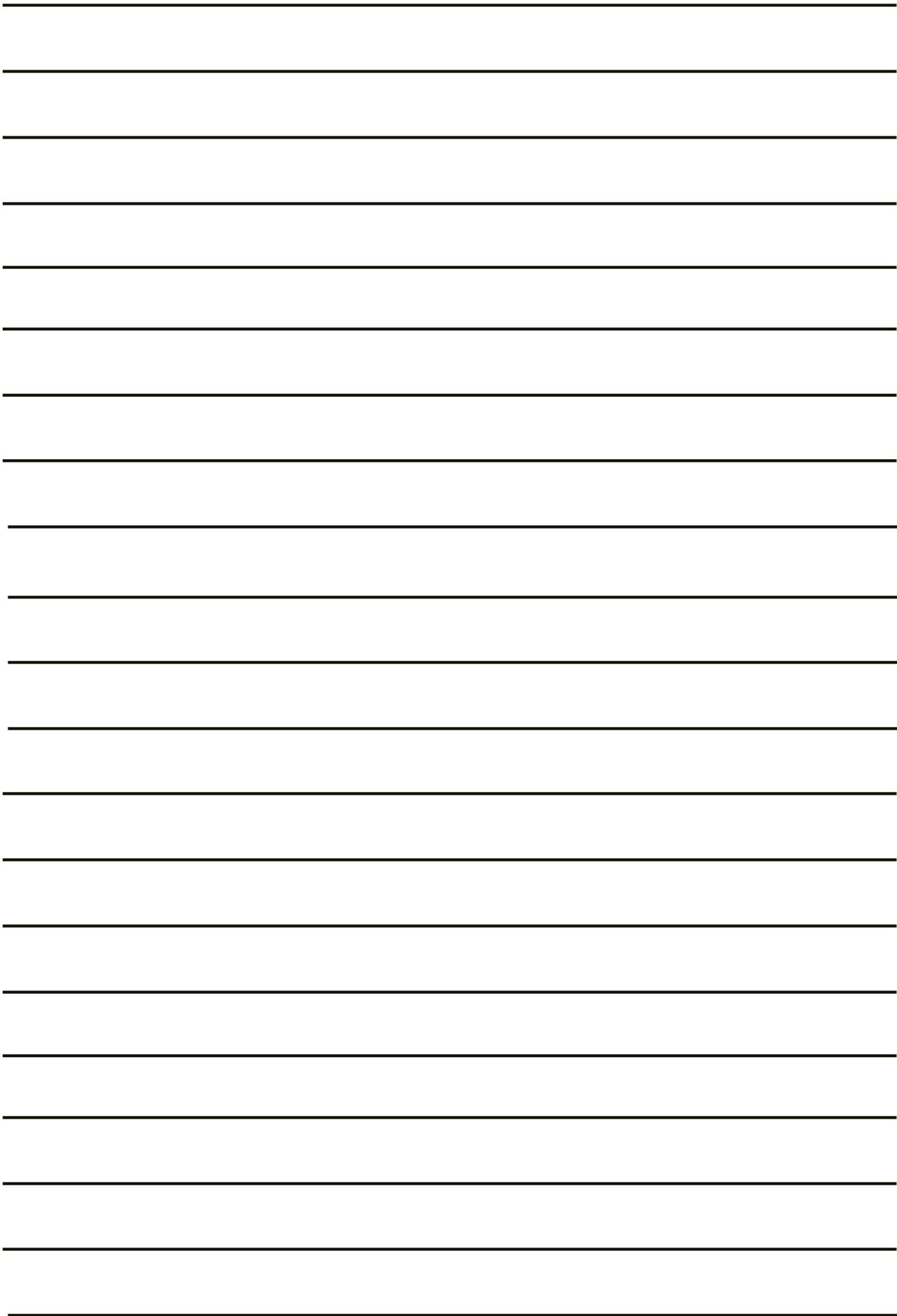


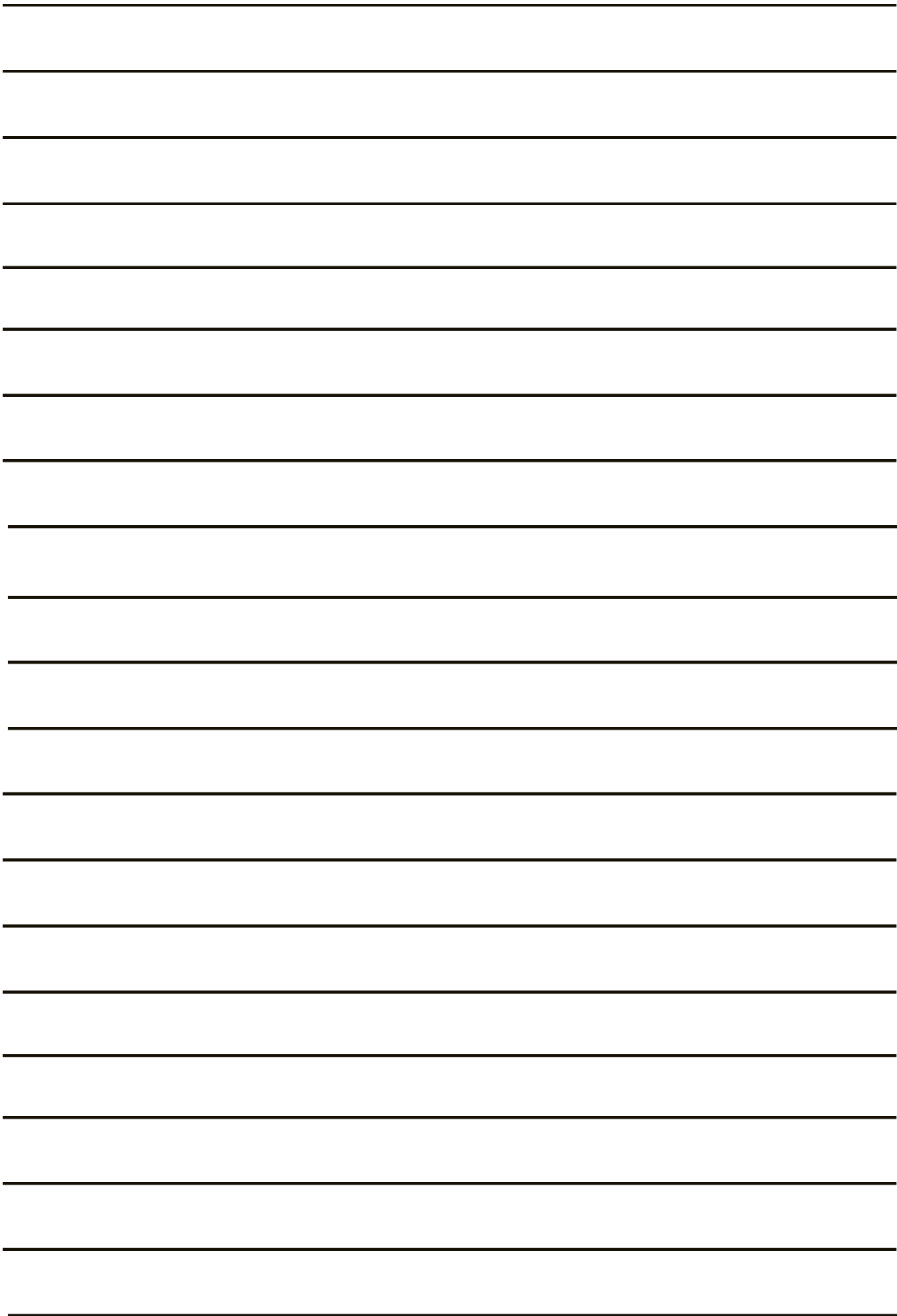


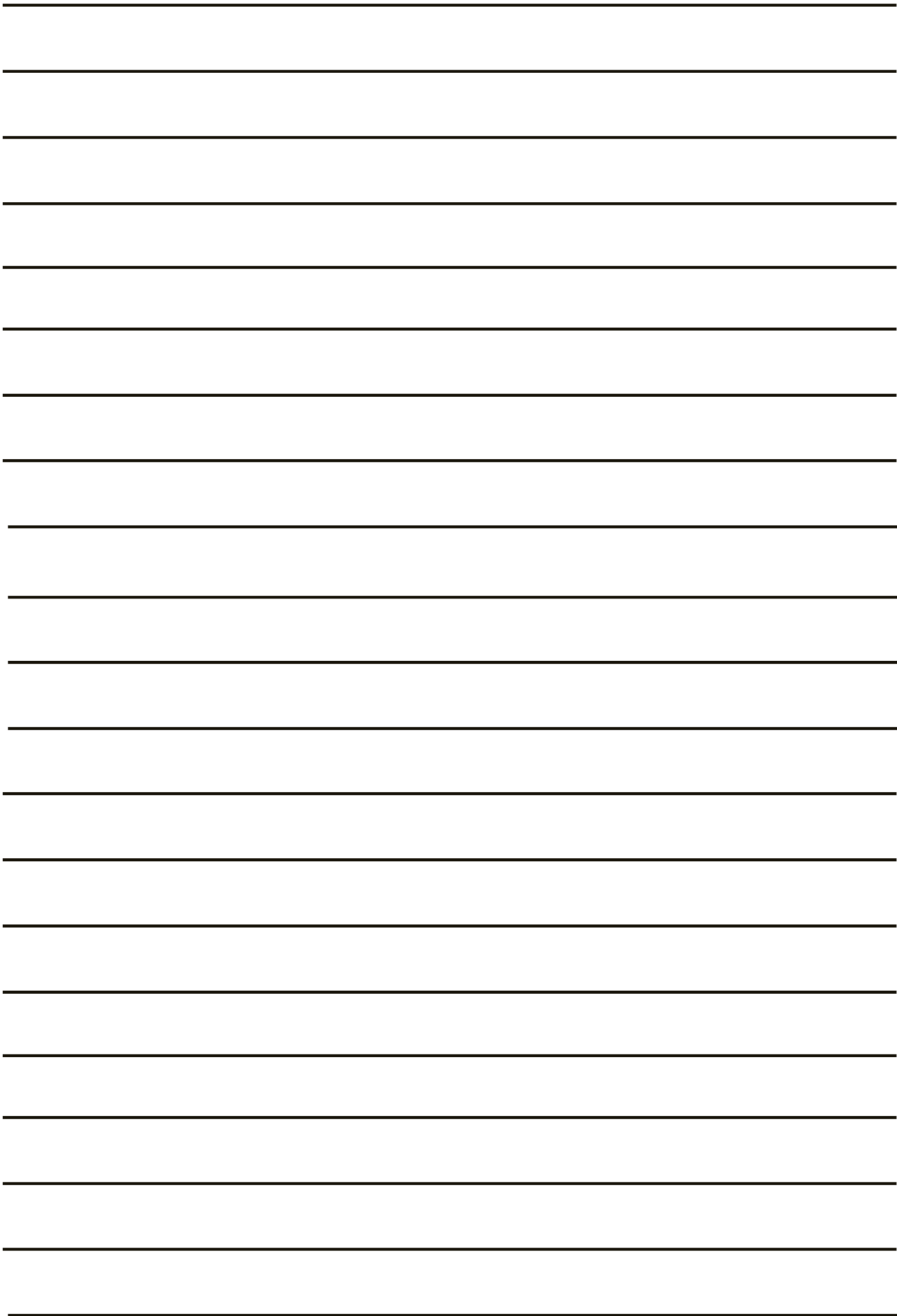


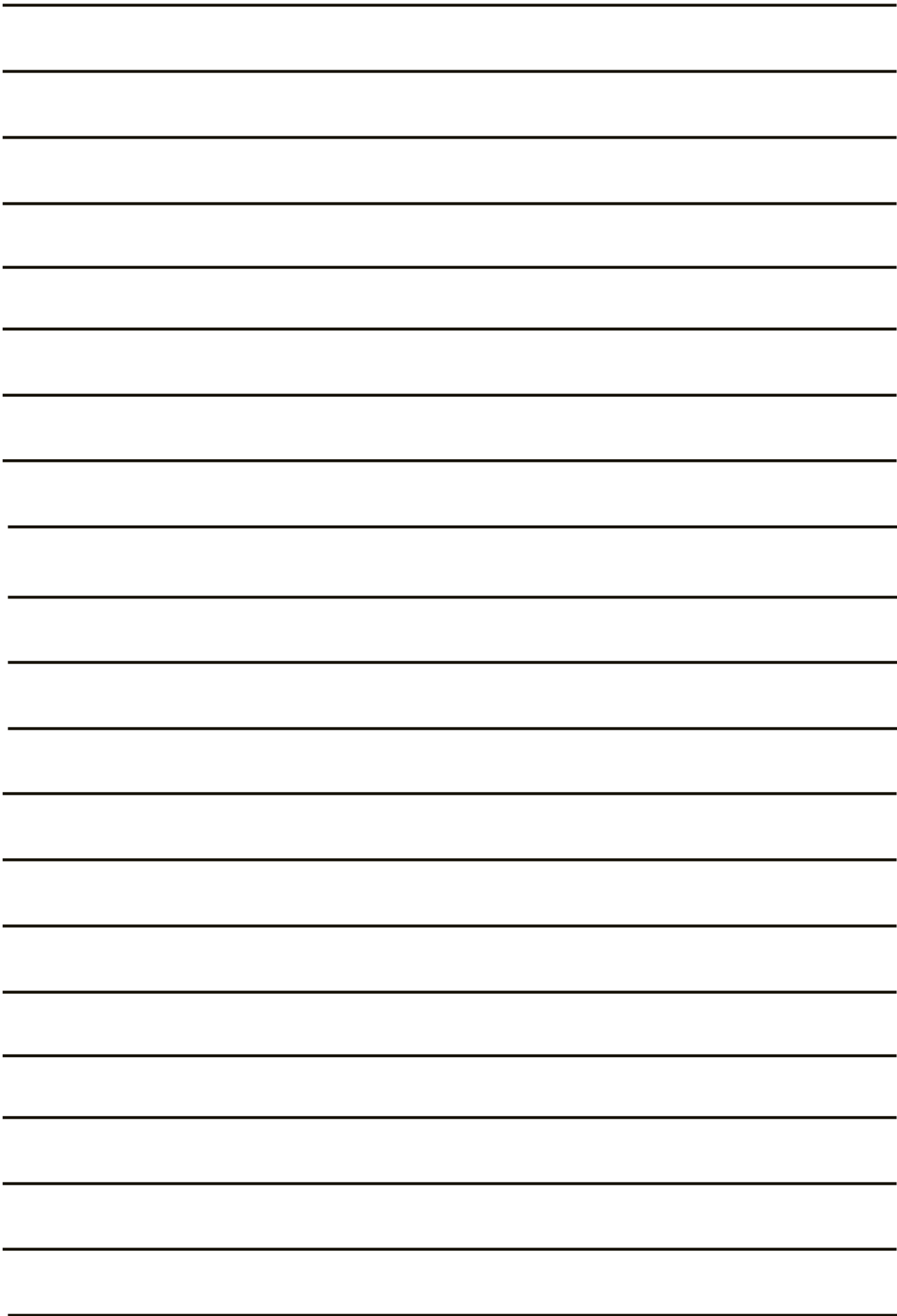


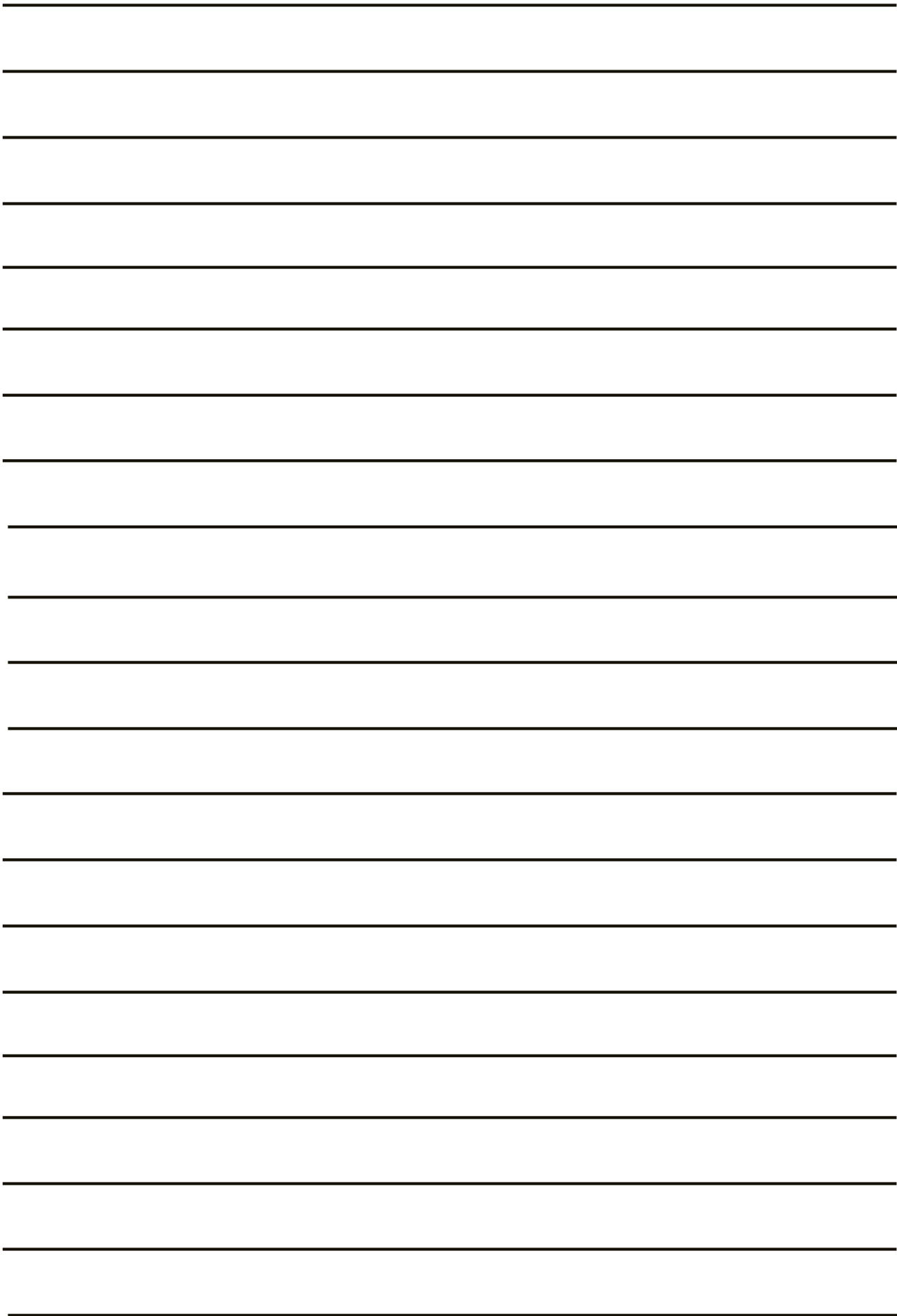


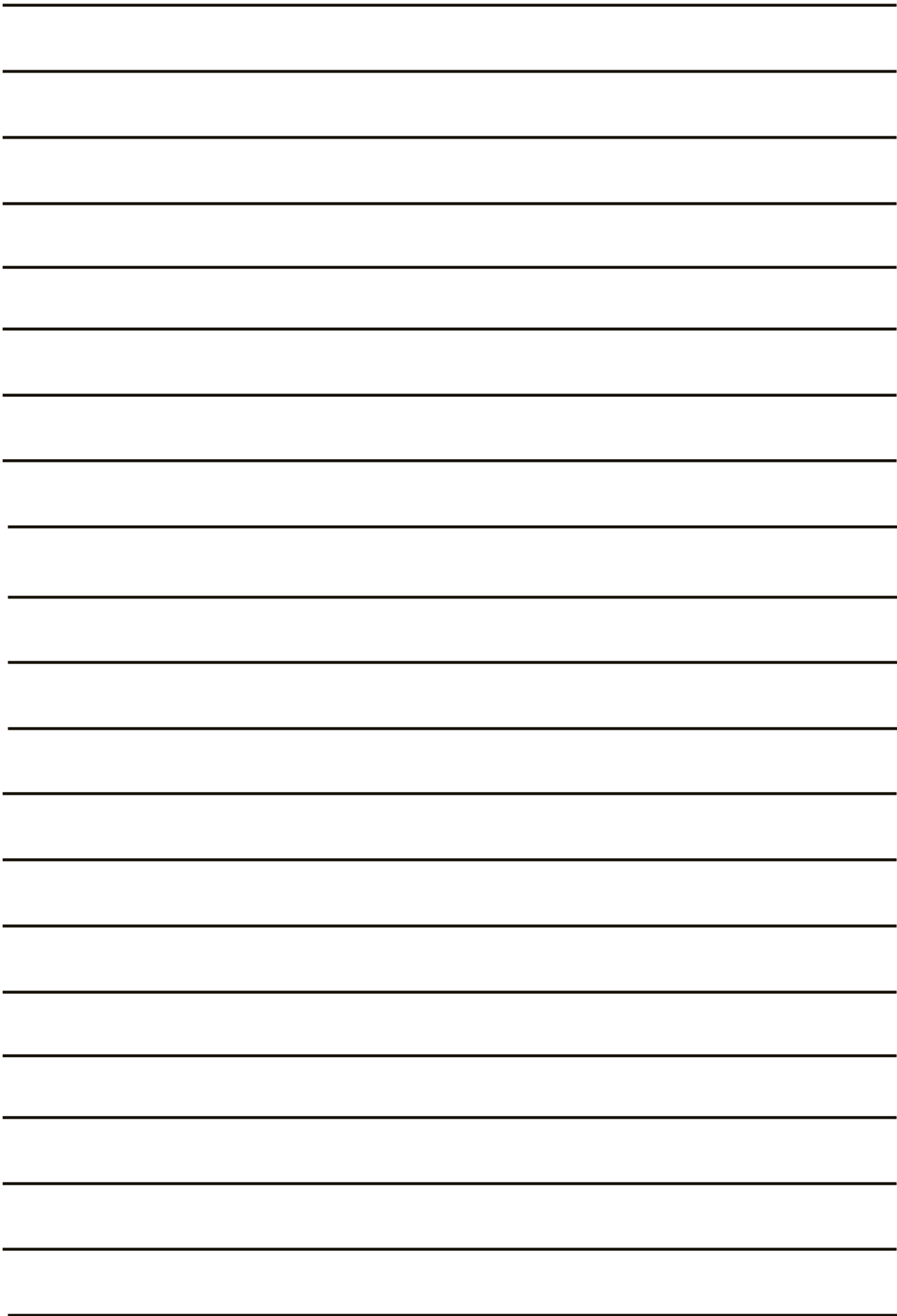


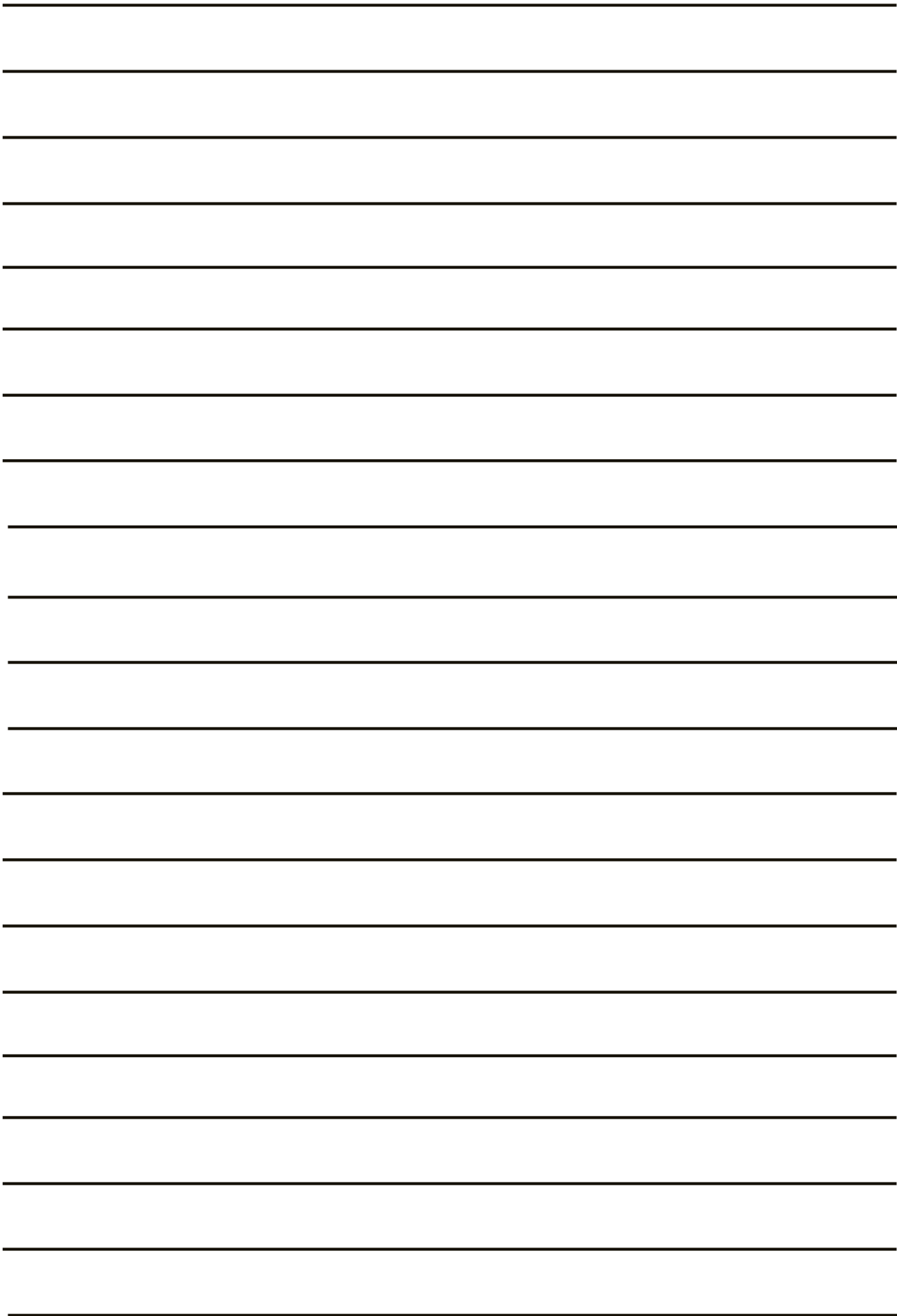


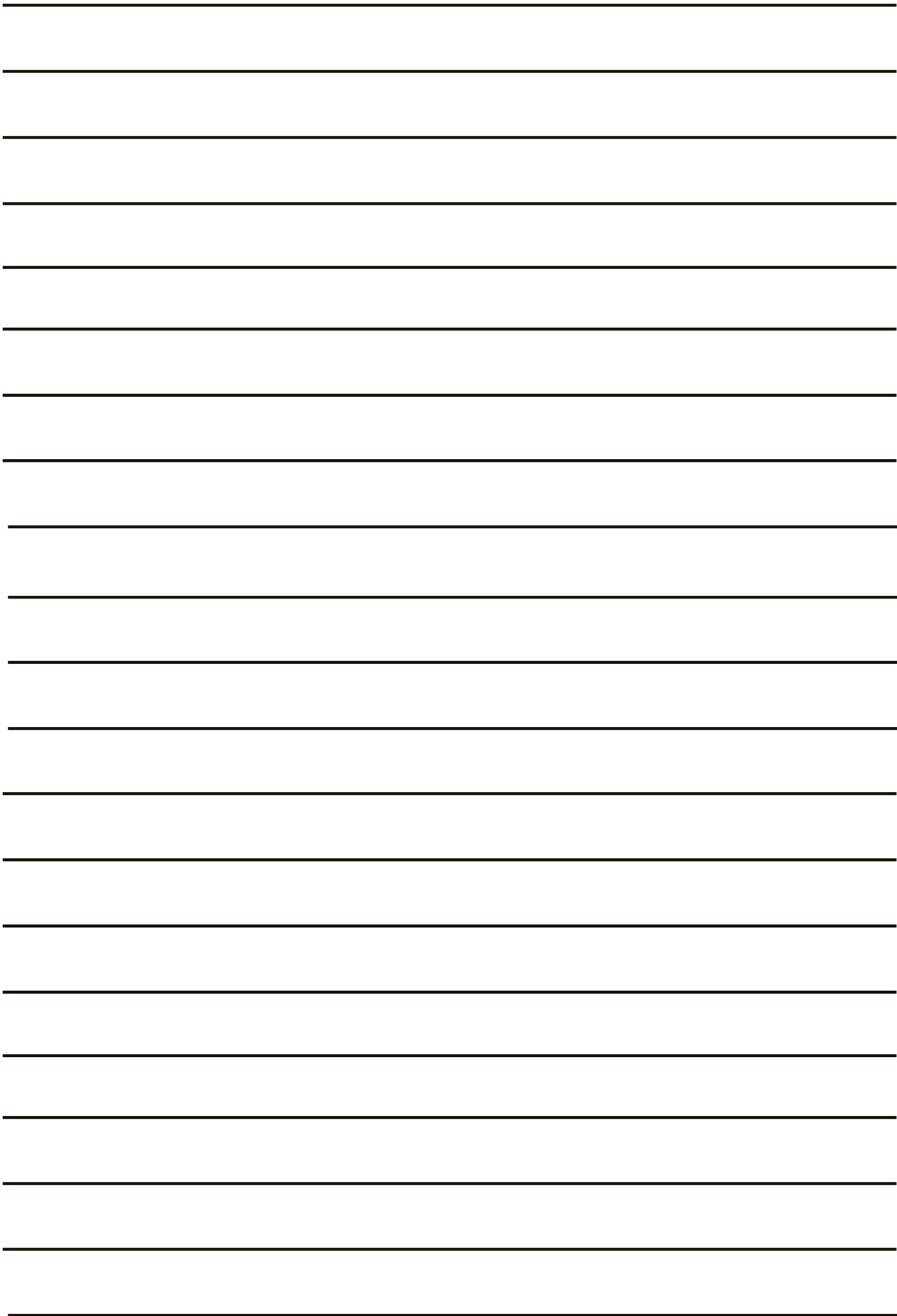










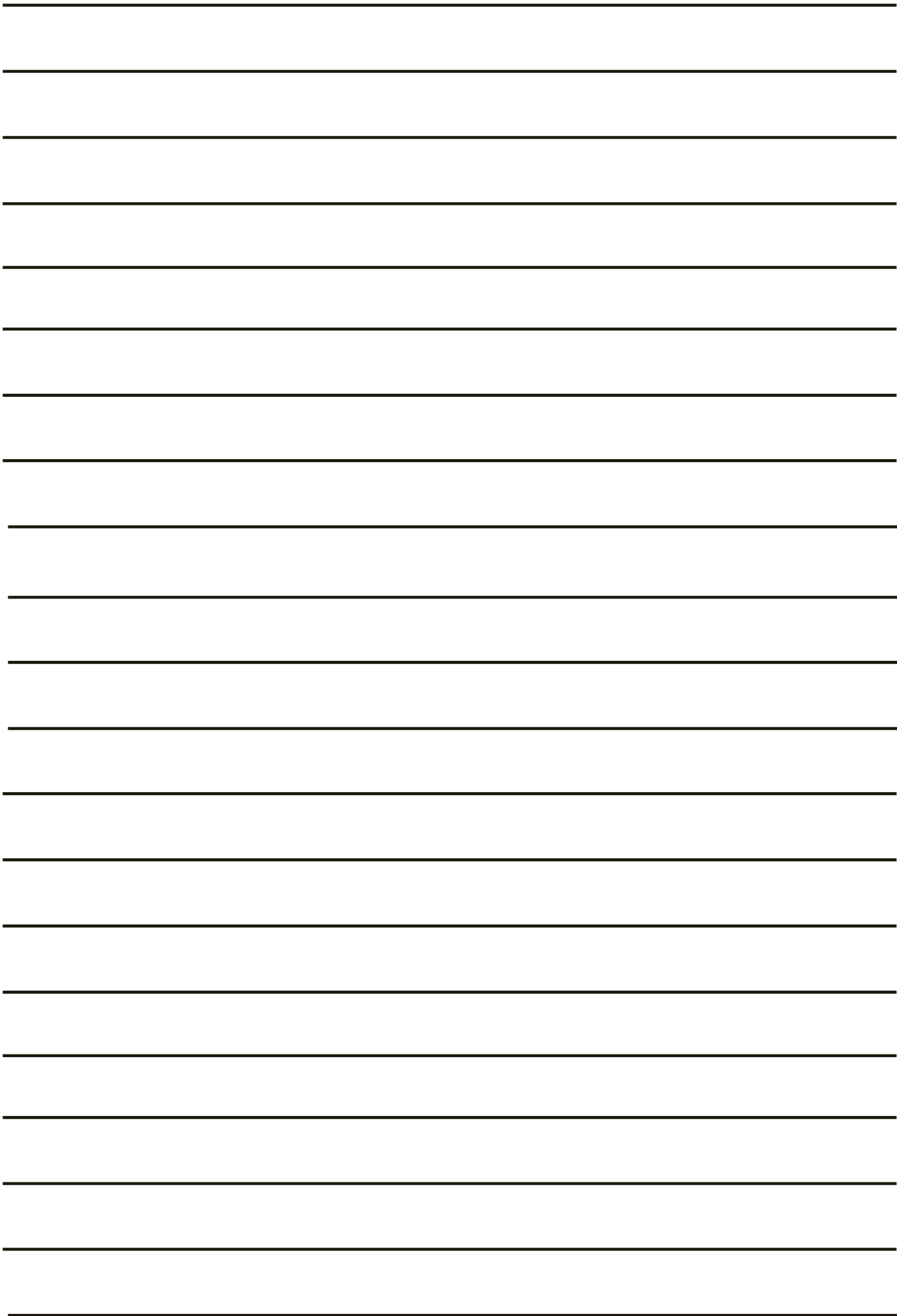


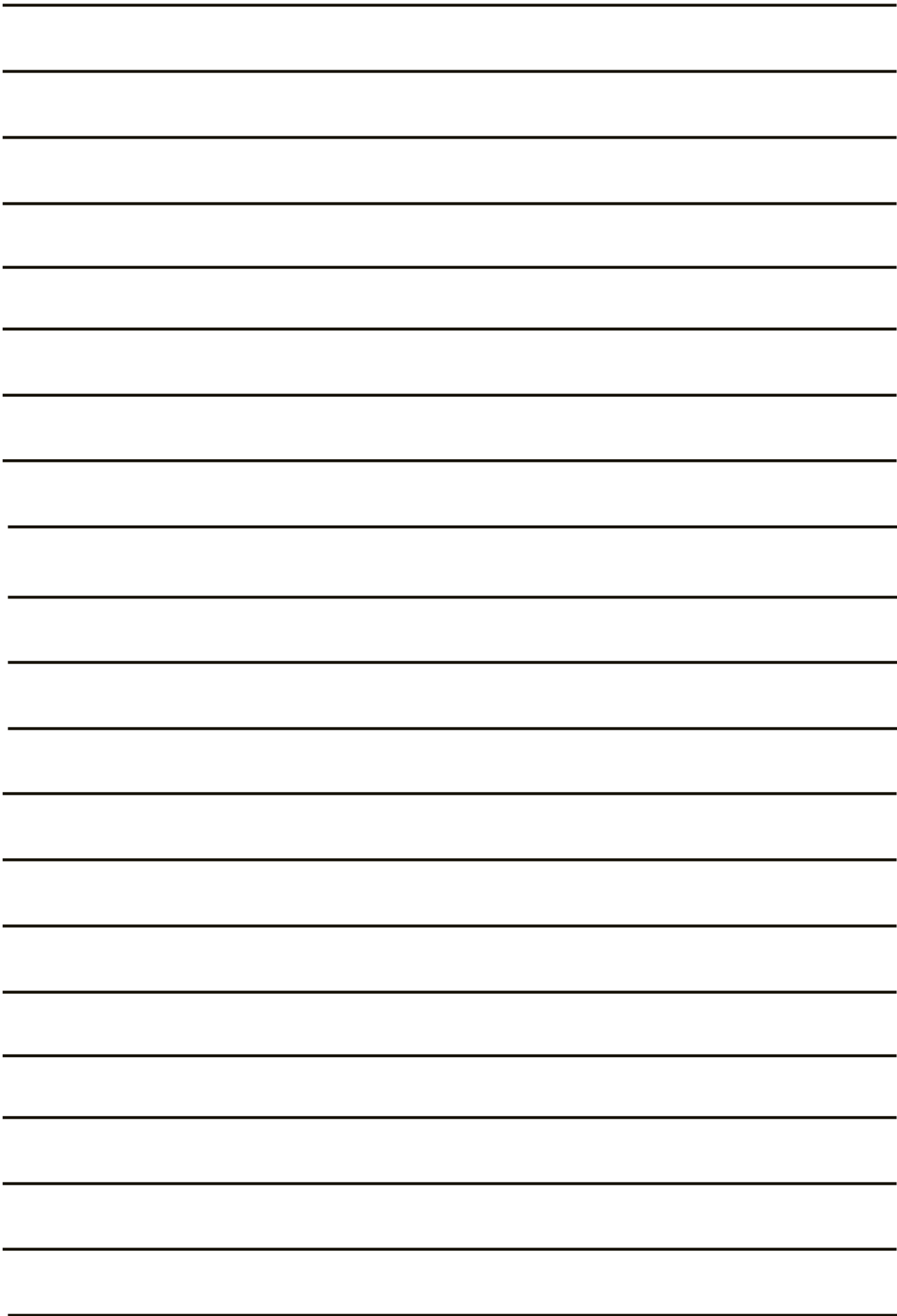
EMOTIONAL REGULATION

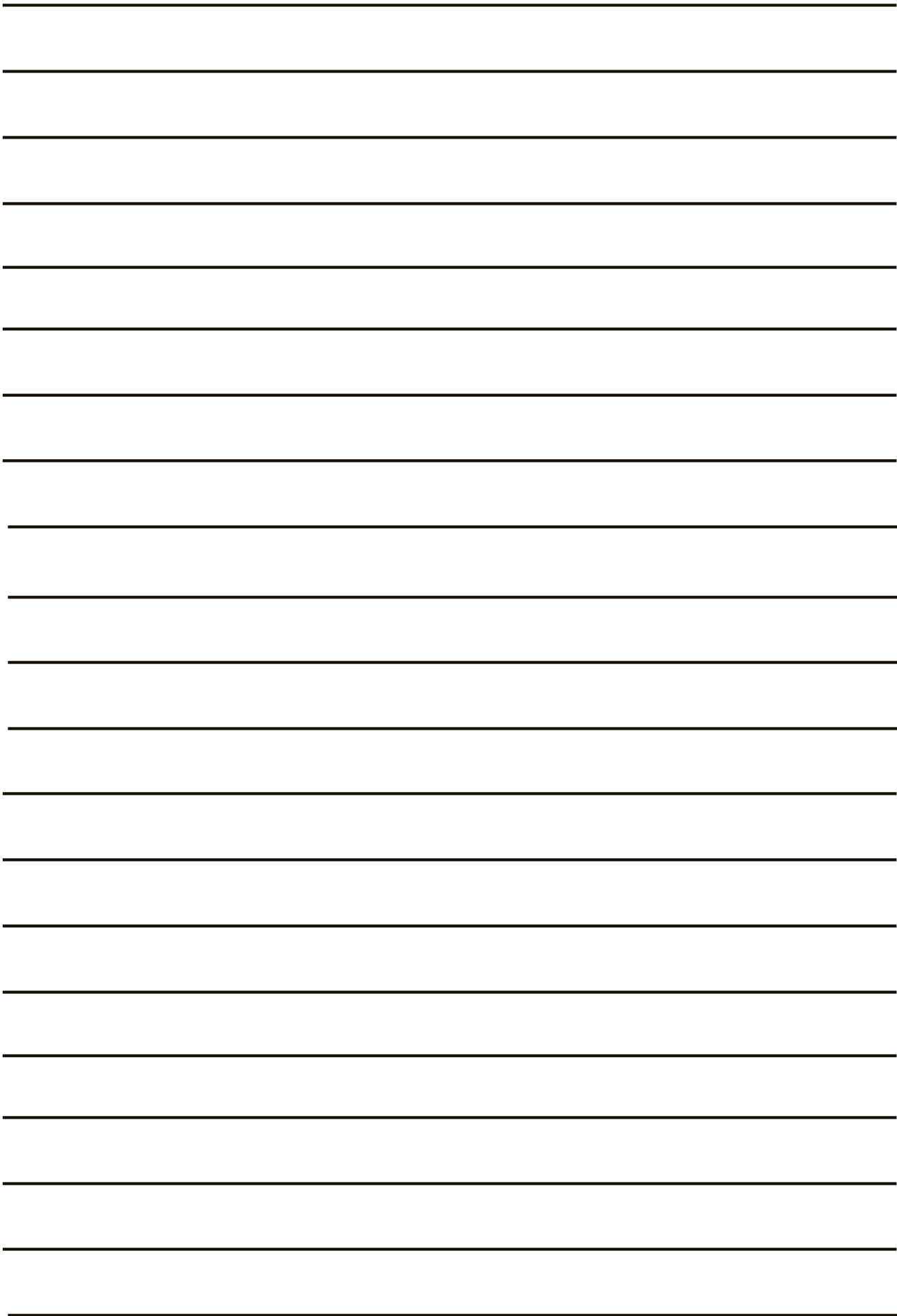
Emotional regulation is not about staying calm at all costs. It's about being able to notice and respond to your emotional state in real time – without shutting down, overreacting, or unconsciously leaking your inner experience into the space.

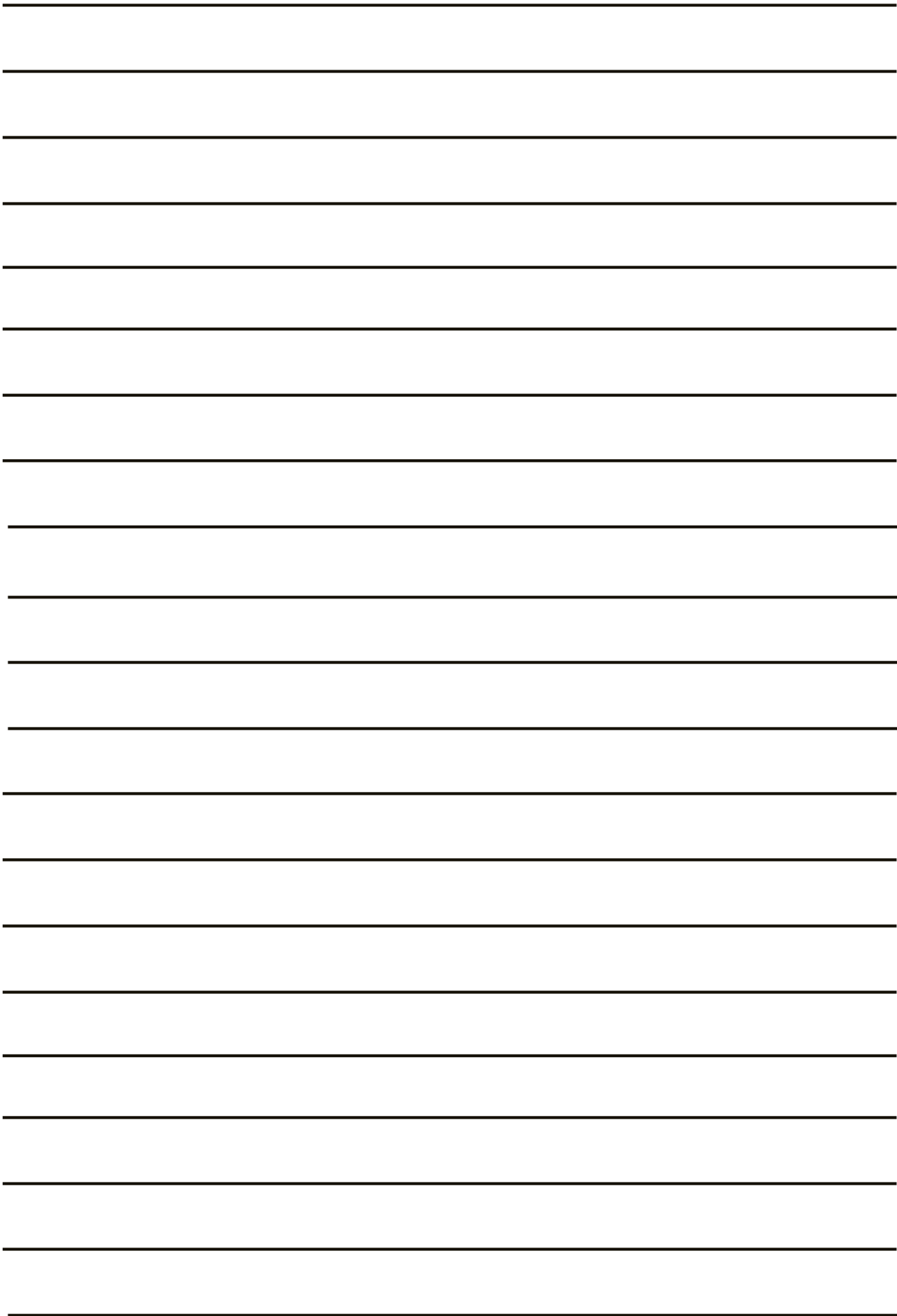
As a practitioner, your emotions are part of the relational field. They inform your responses, your tone, and your sense of connection. When they're unacknowledged or mismanaged, they can distort your presence. When they're met with awareness, they can actually deepen your attunement – showing you where your own growth edge lies.

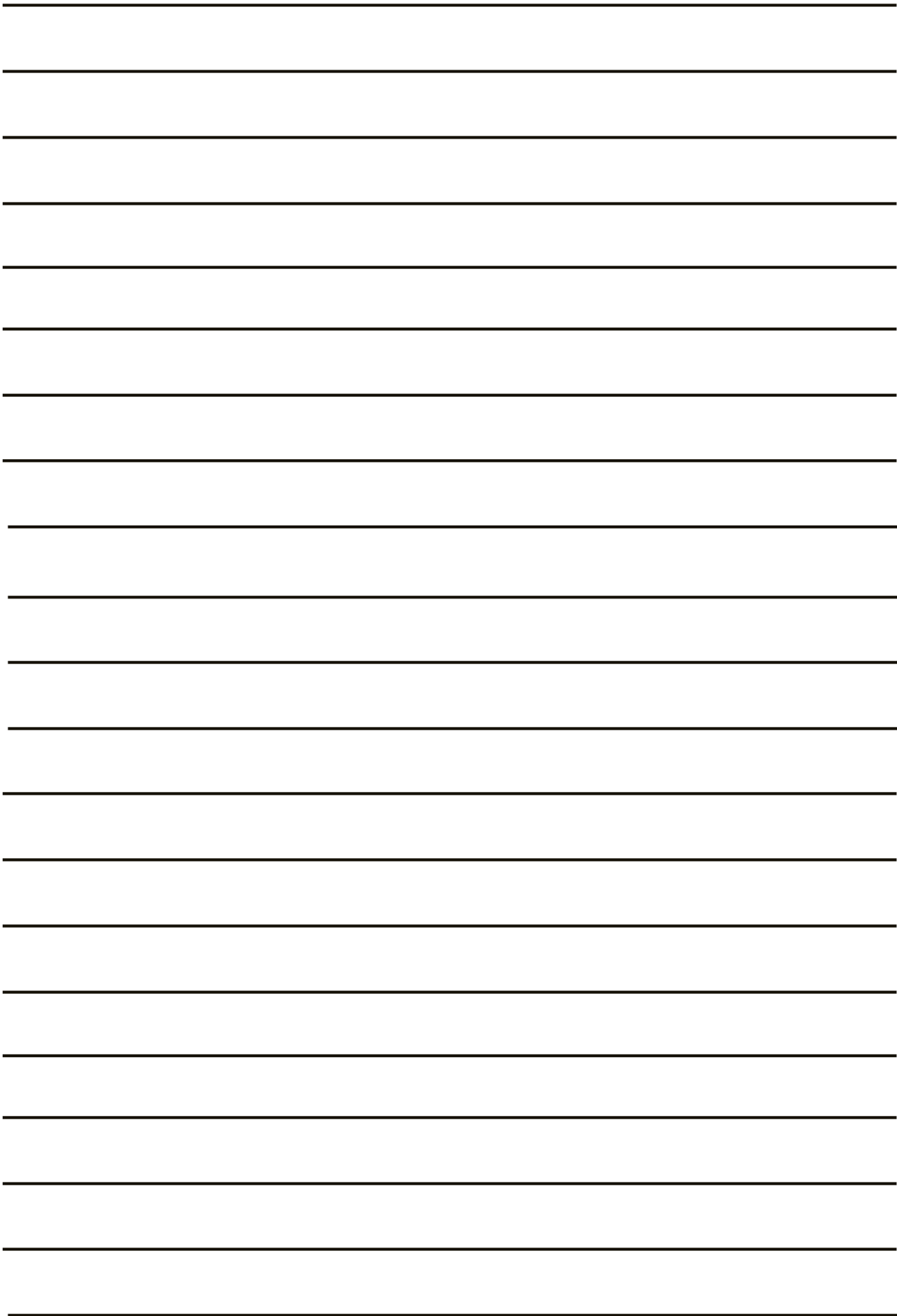
This section invites you to examine how emotion moves in you during session work, what patterns arise under pressure, and what practices support steadiness without suppression.

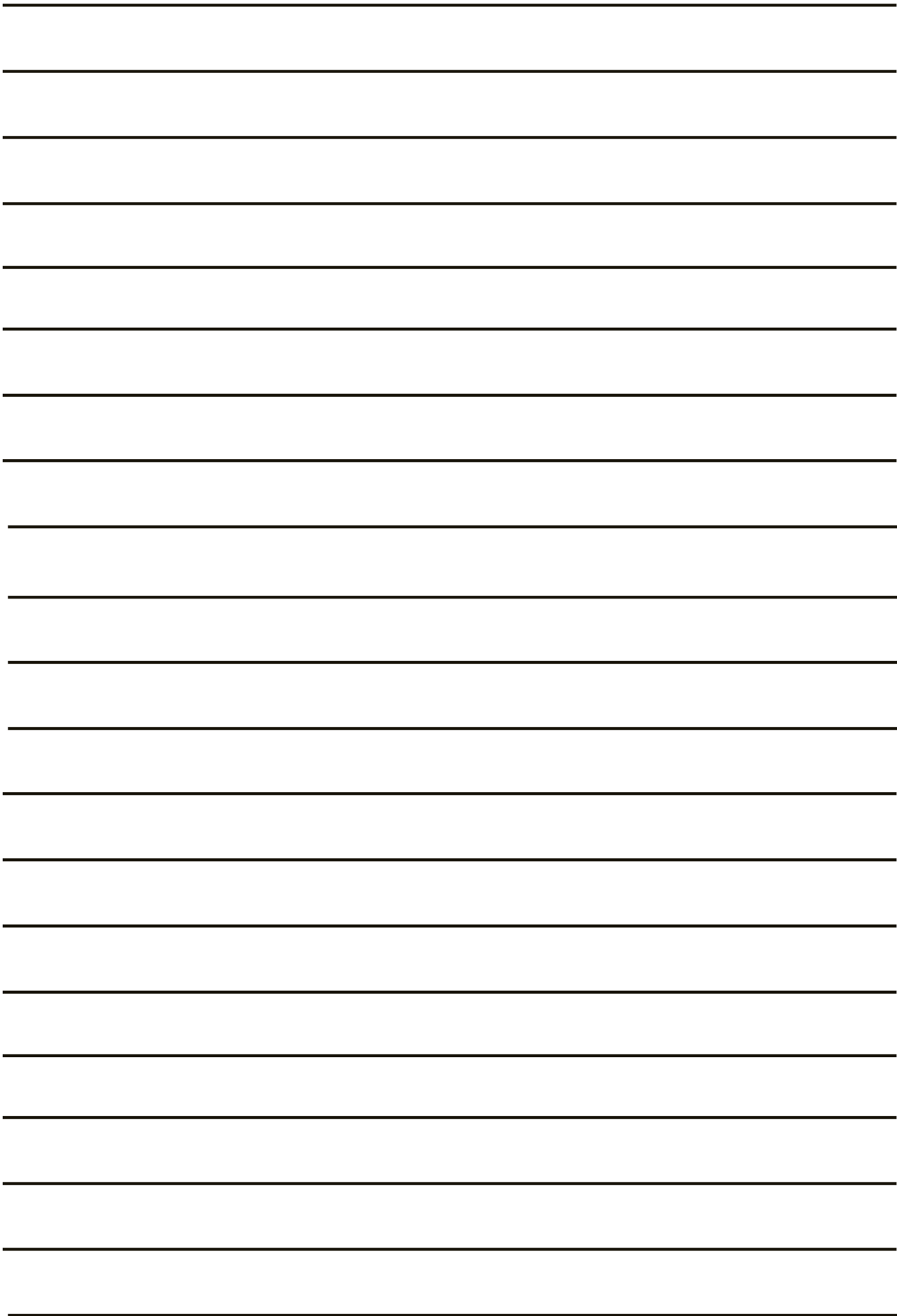


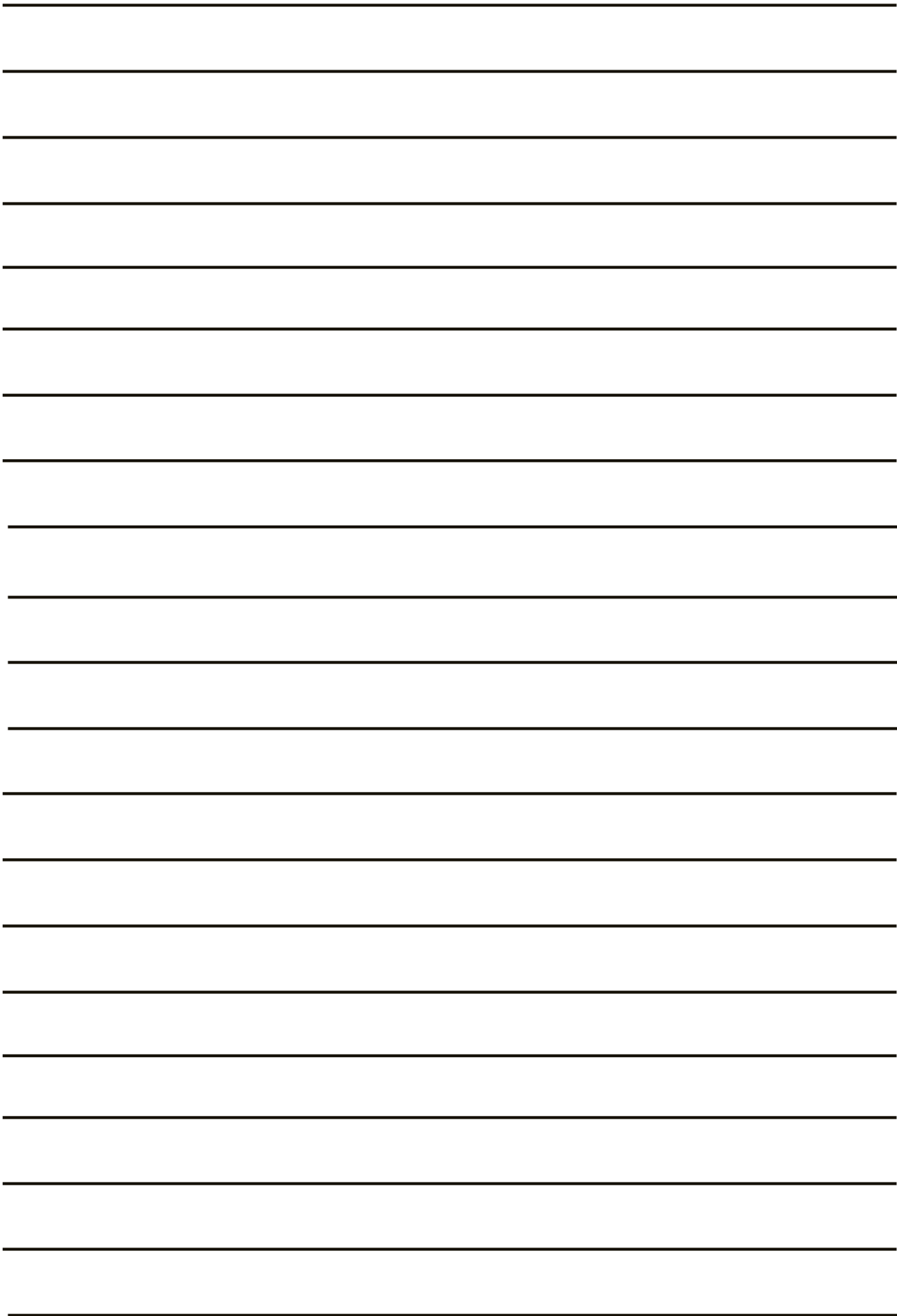


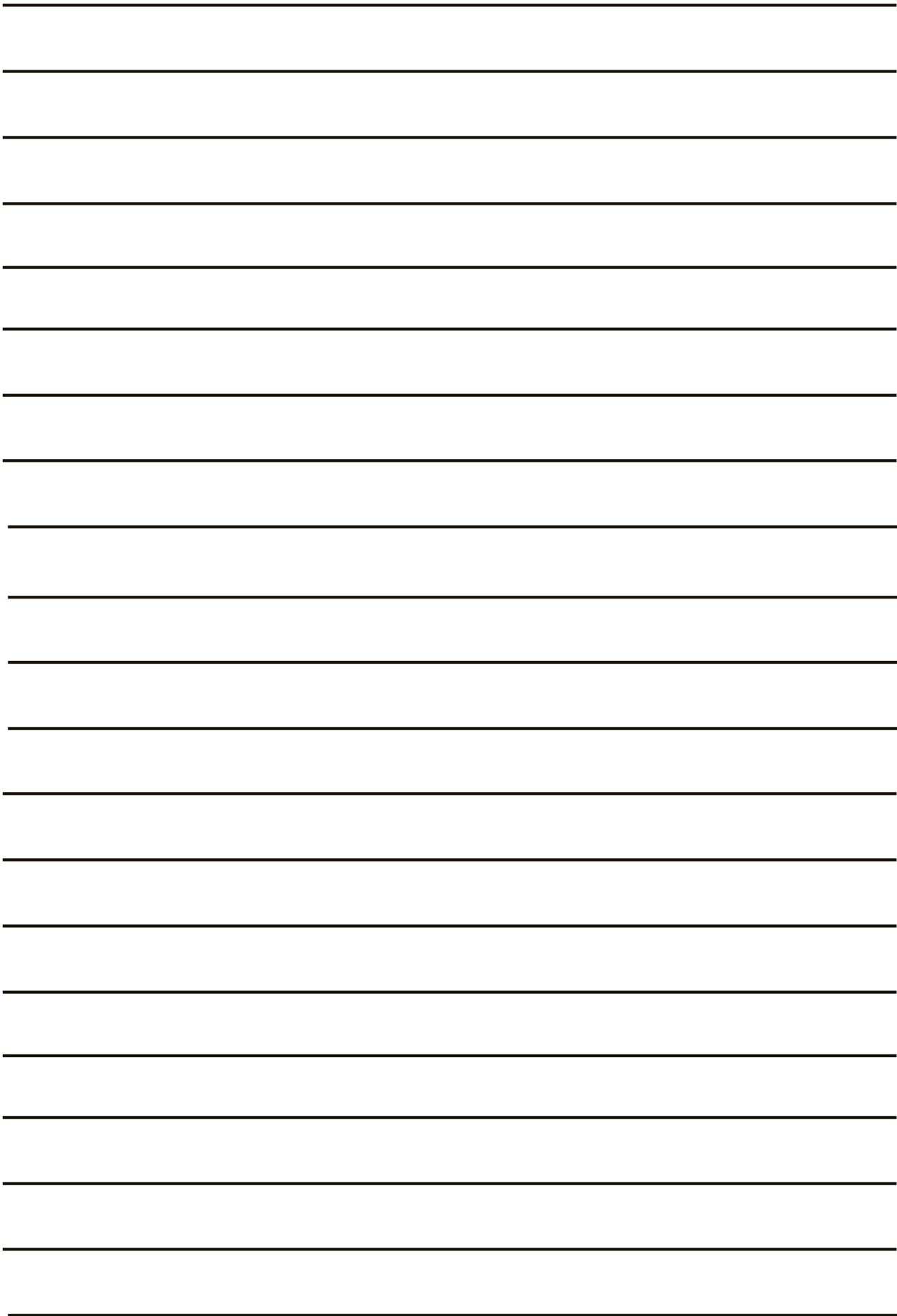


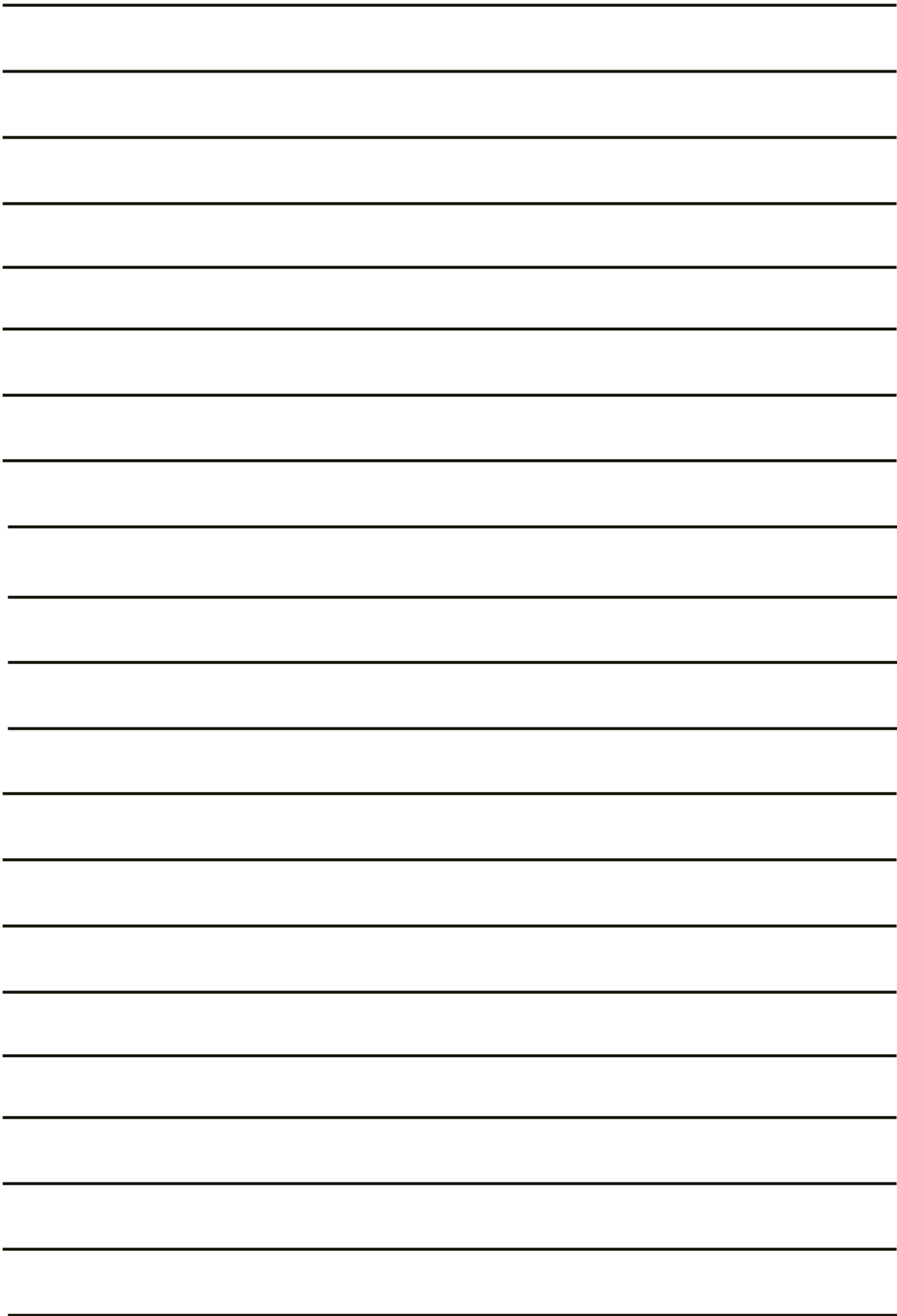


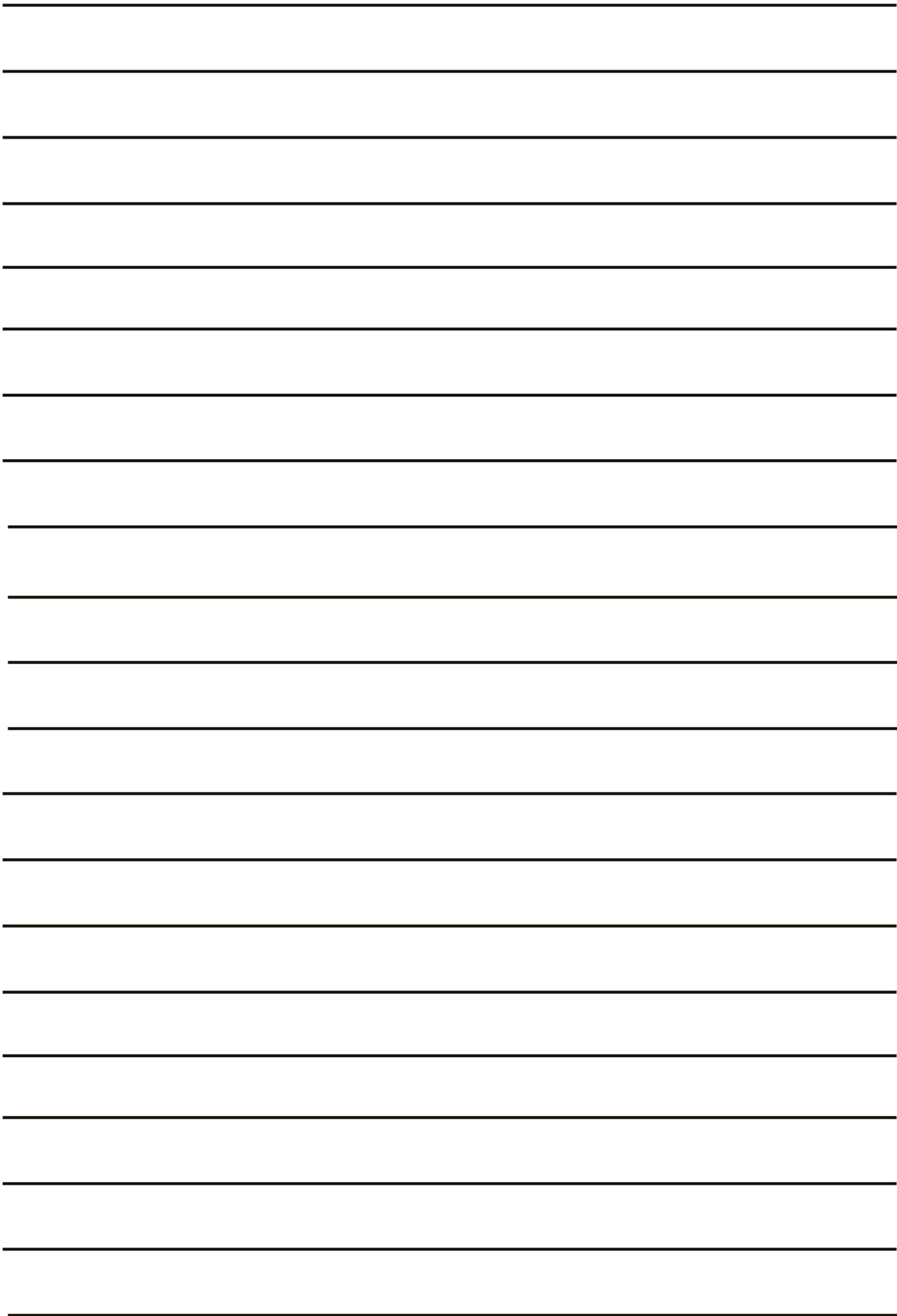


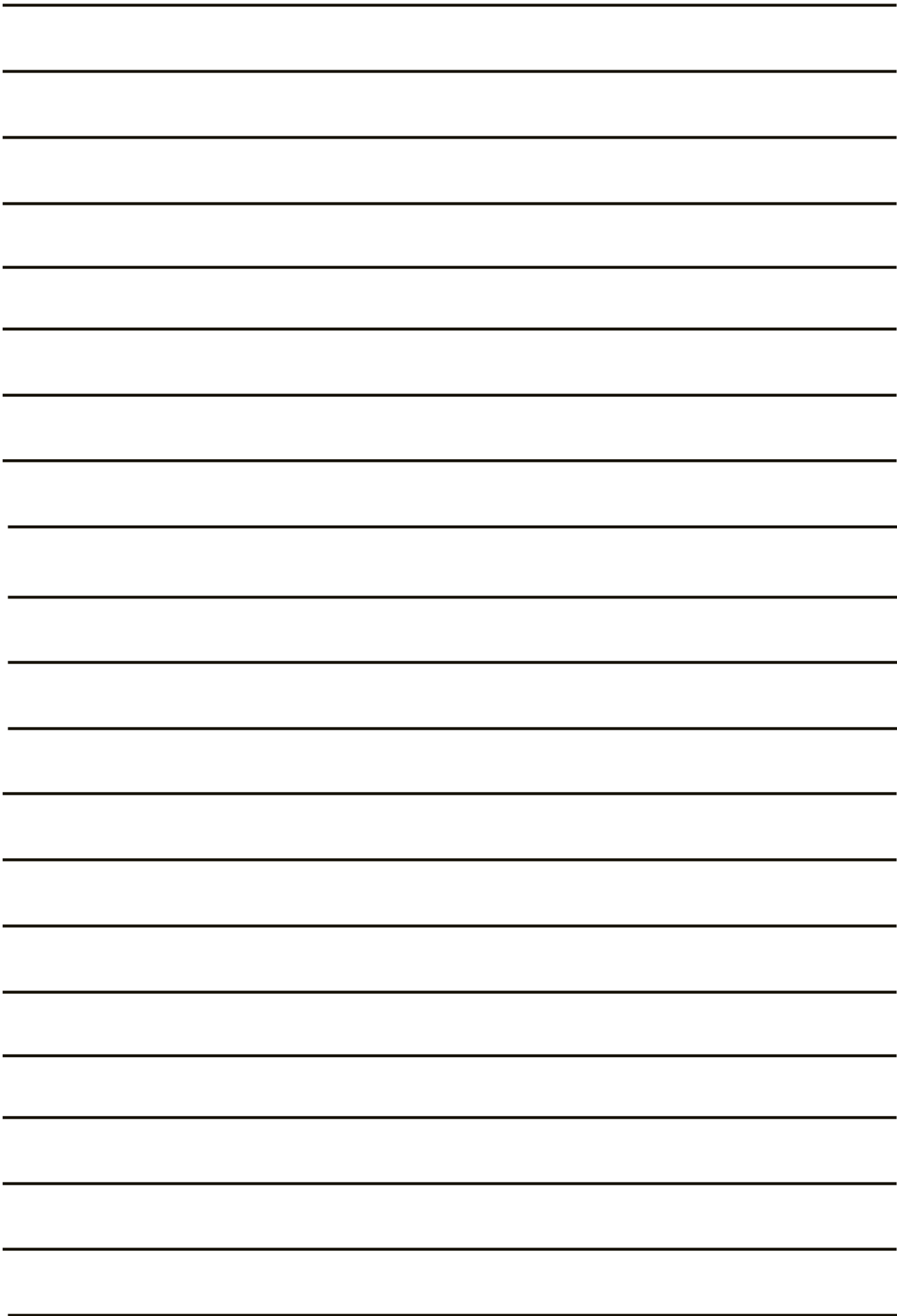


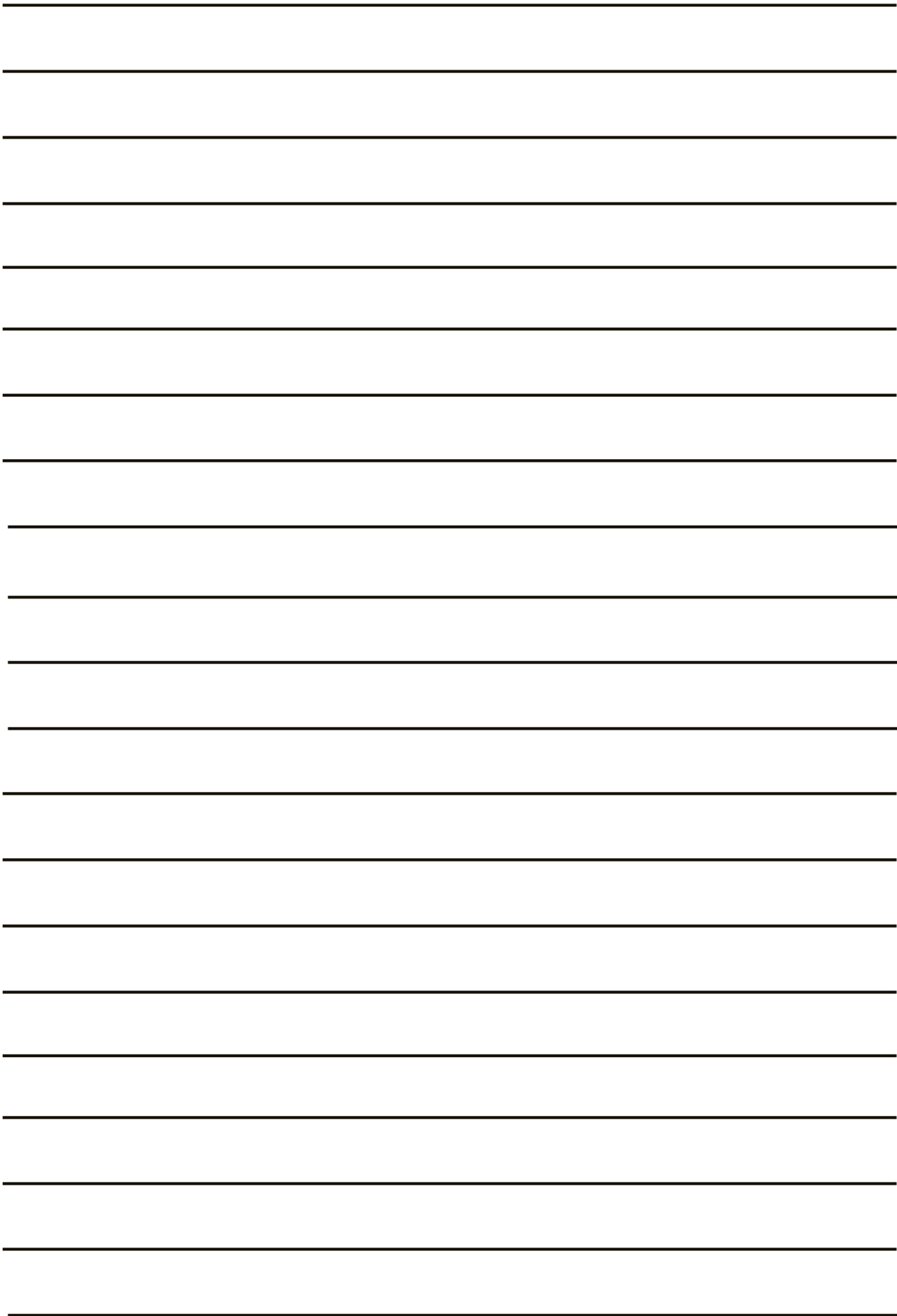


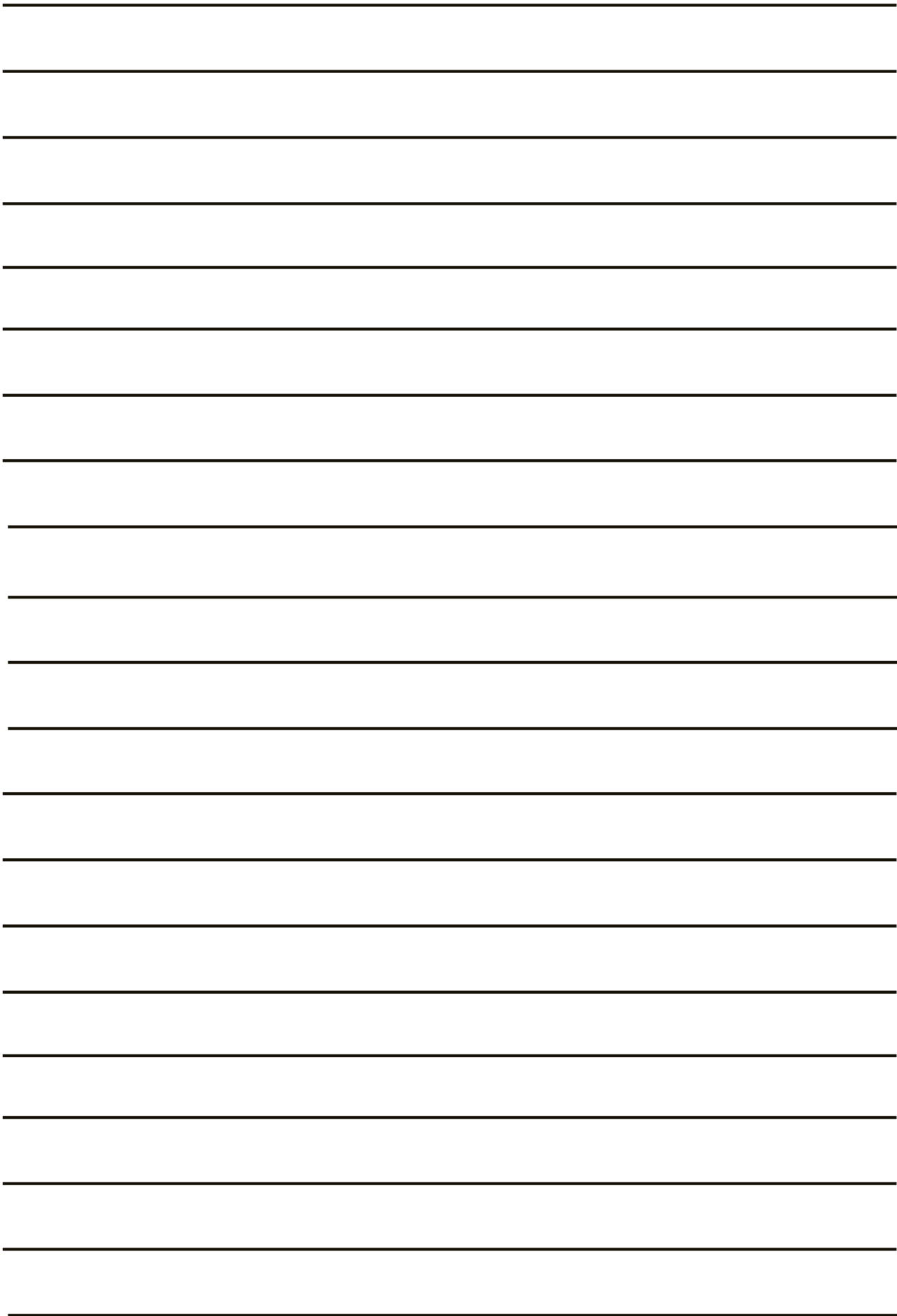


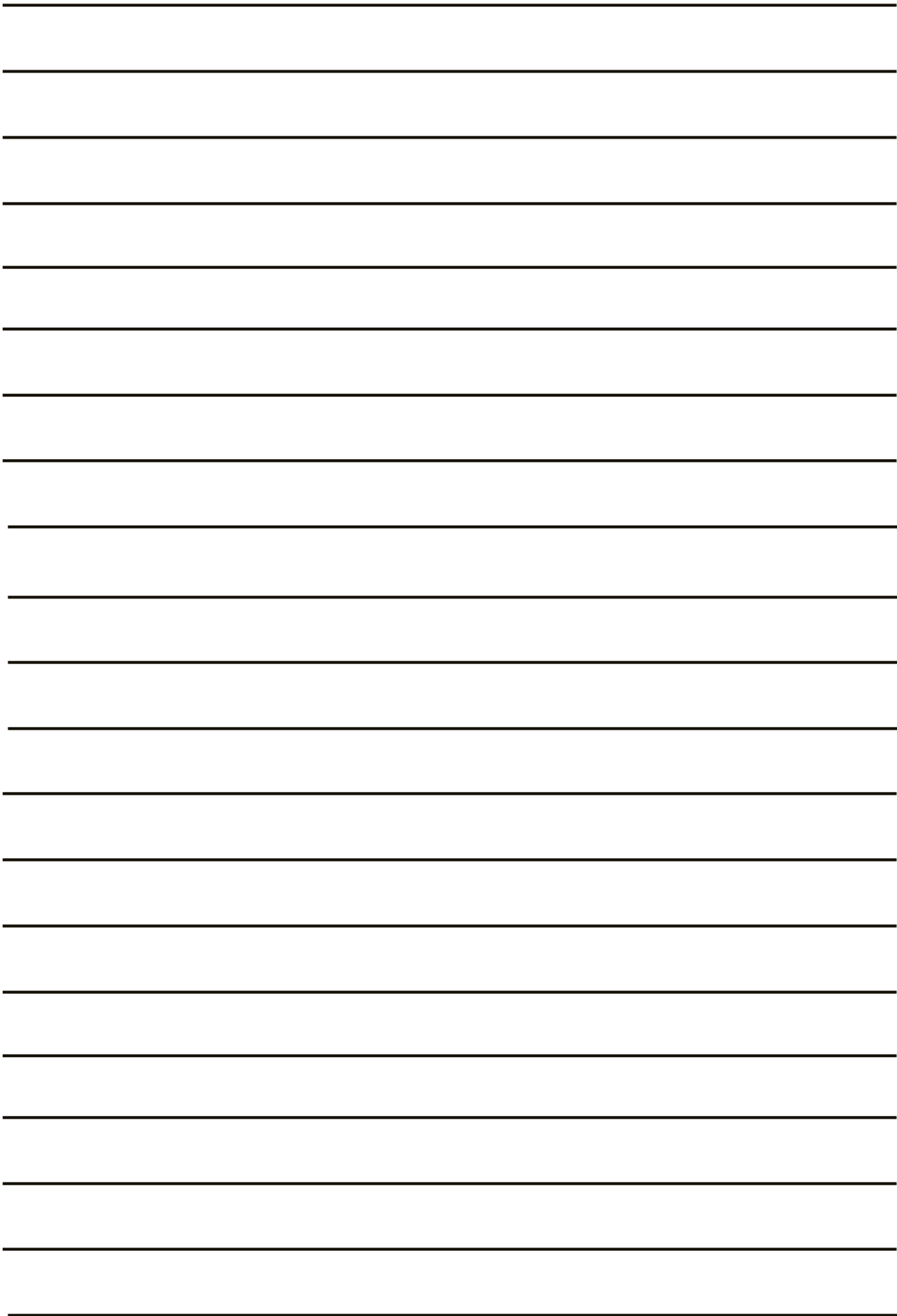


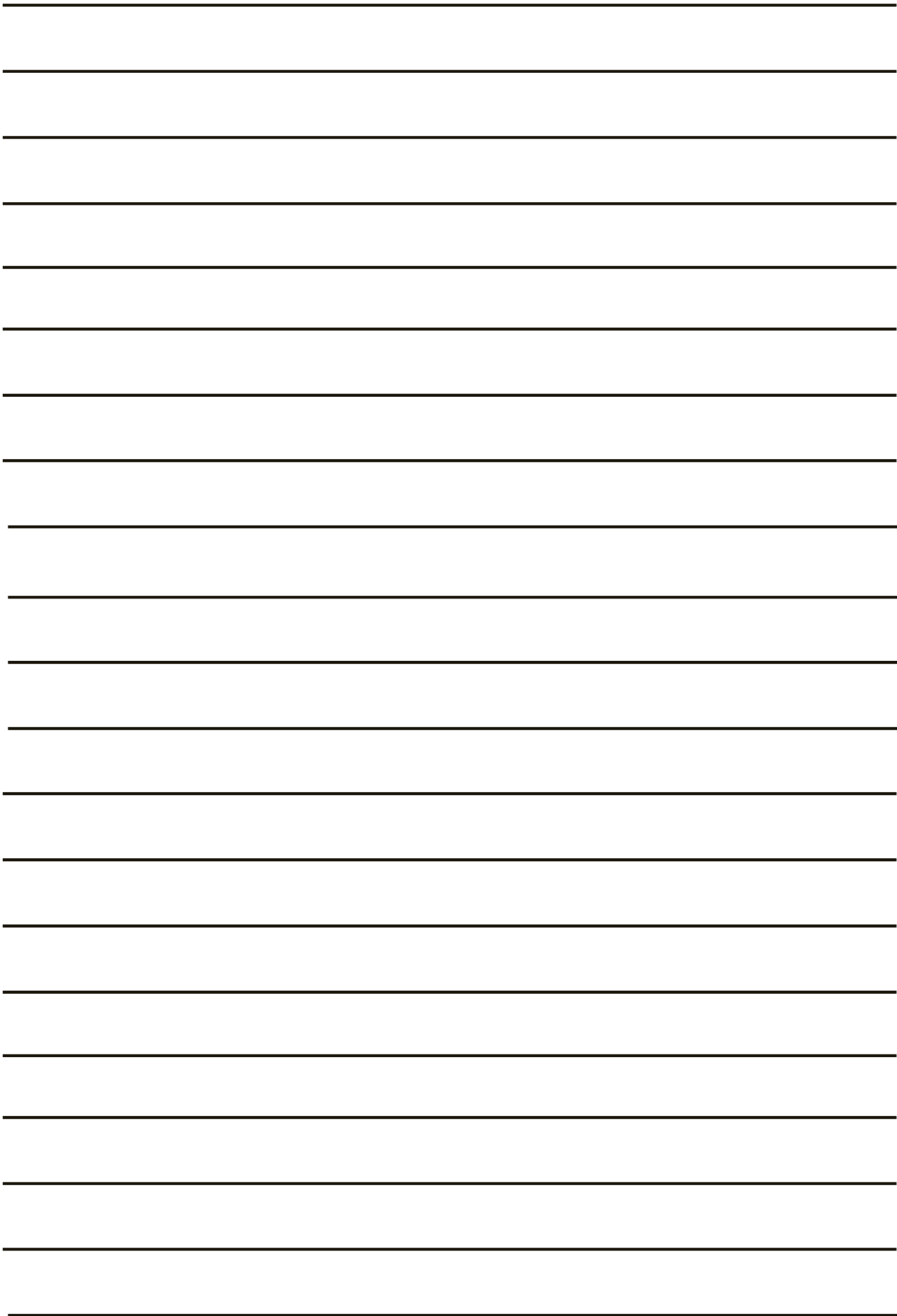










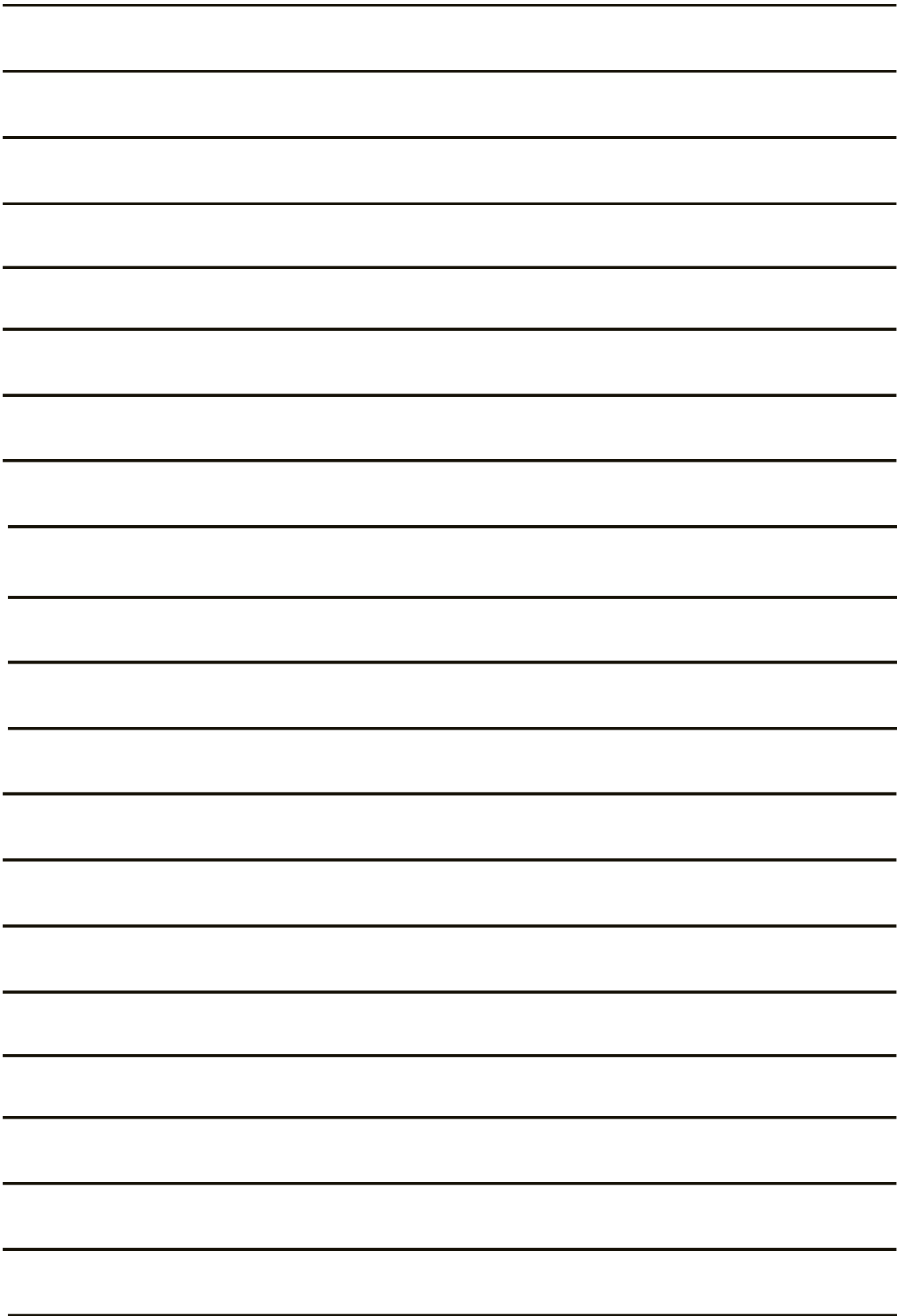


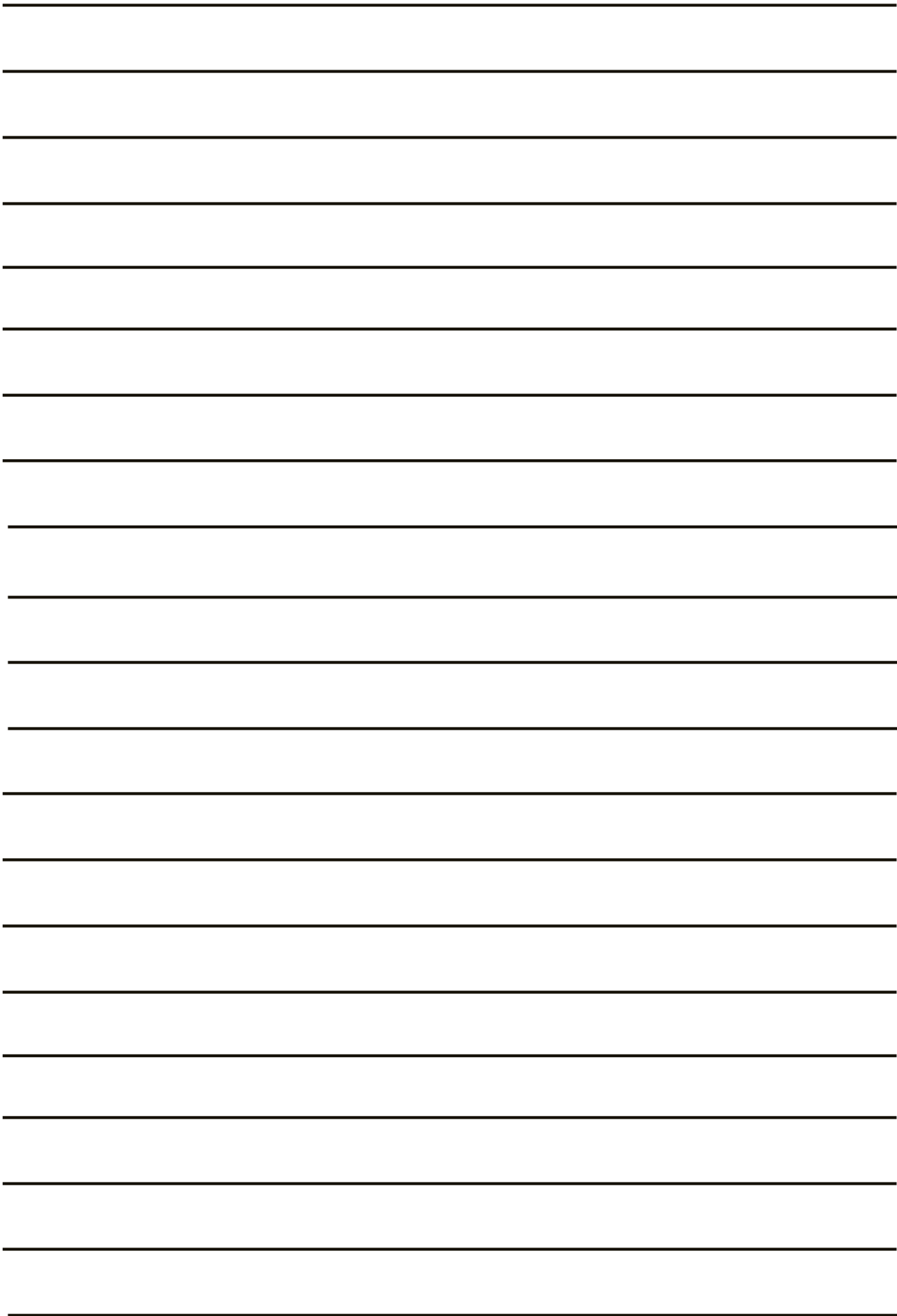
DISCERNMENT

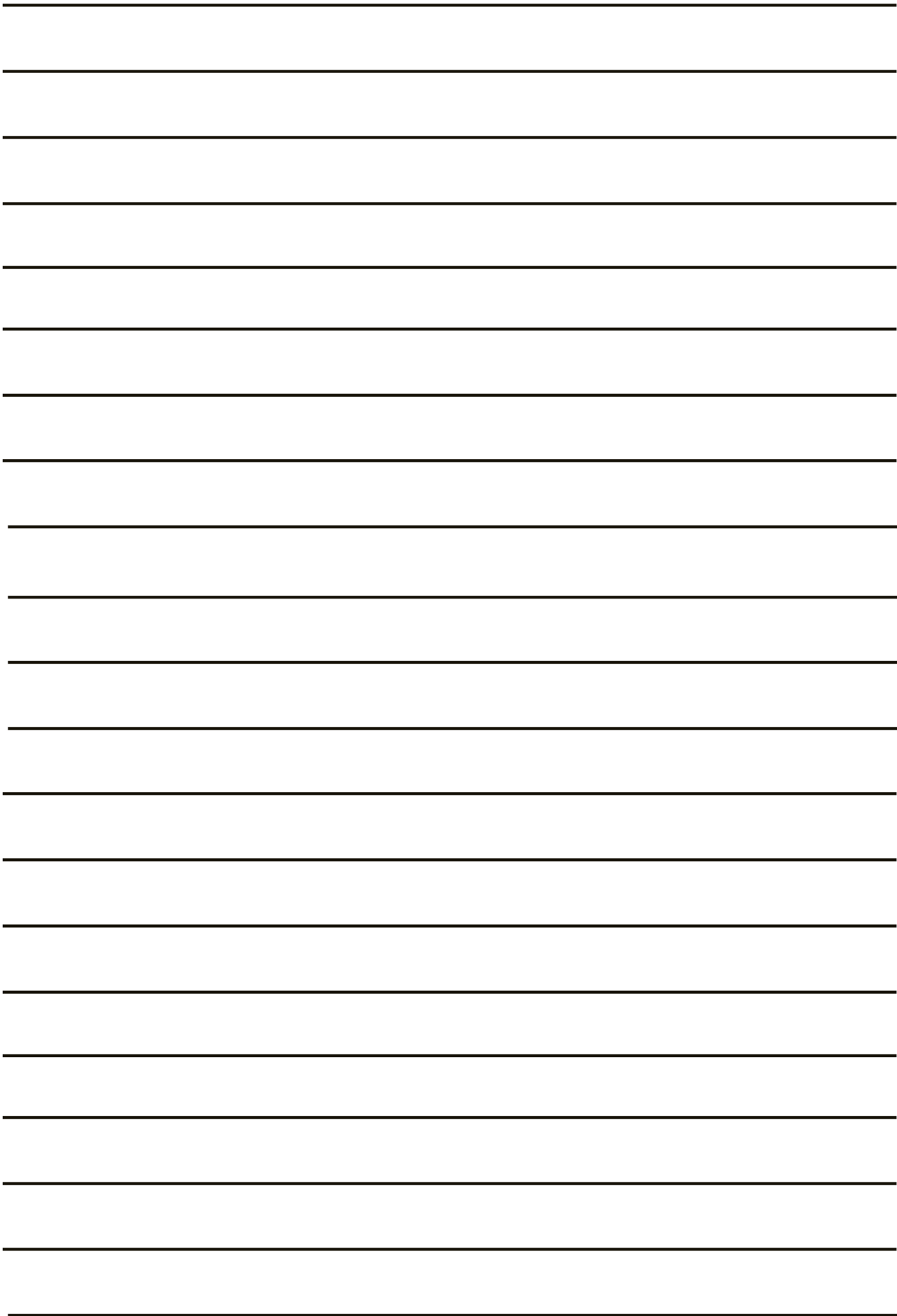
Discernment is the inner clarity that helps you sense what is yours to speak, what is yours to hold, and what doesn't belong to you at all. In space-holding work, it becomes the filter through which everything passes – impressions, emotional responses, intuitive knowings, and even well-meaning insights.

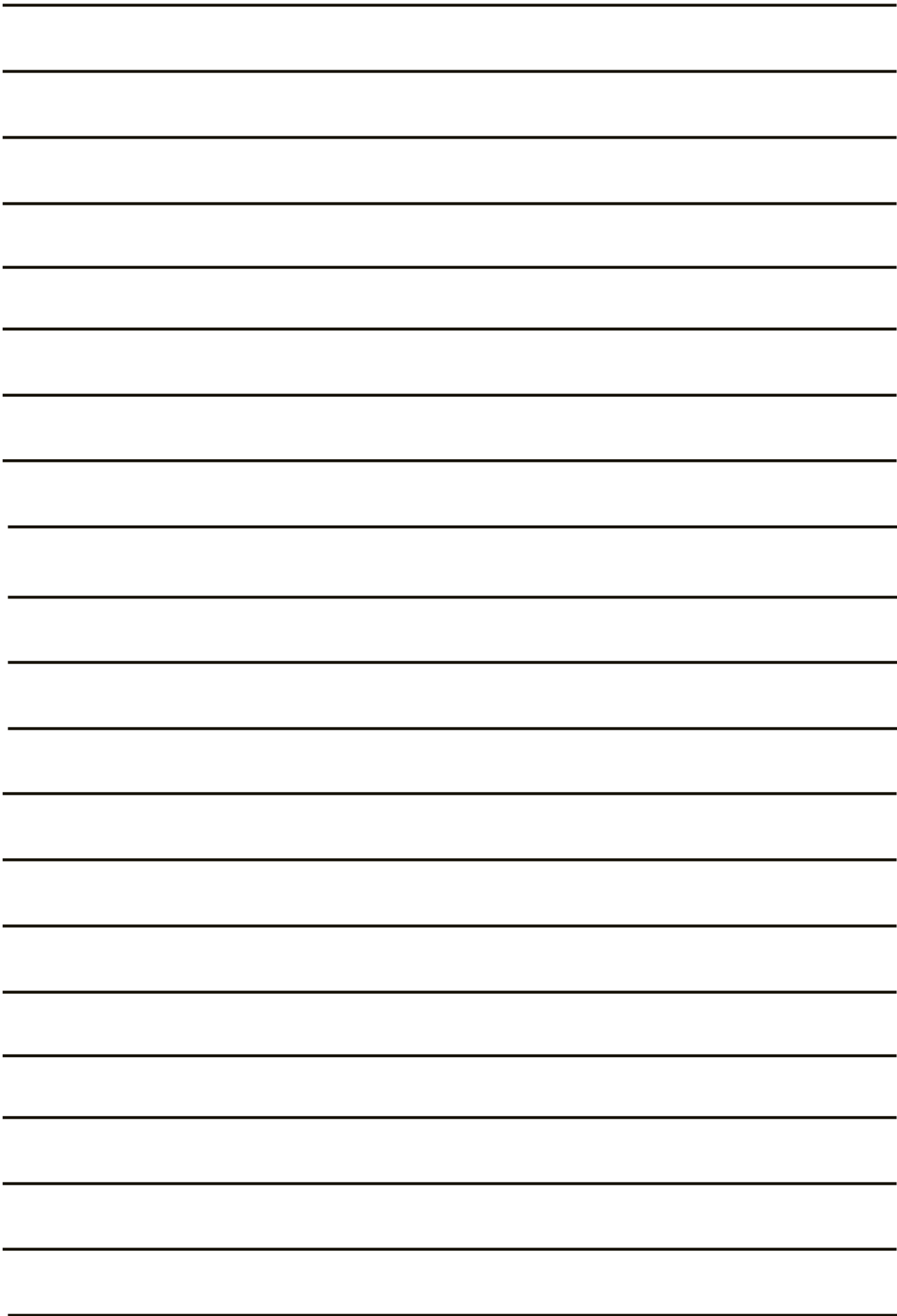
Without discernment, we may overshare, interpret too soon, or subtly shape the space to reflect our own biases or unresolved material. With discernment, we speak from steadiness and restraint, only offering what supports the client's process without taking over it.

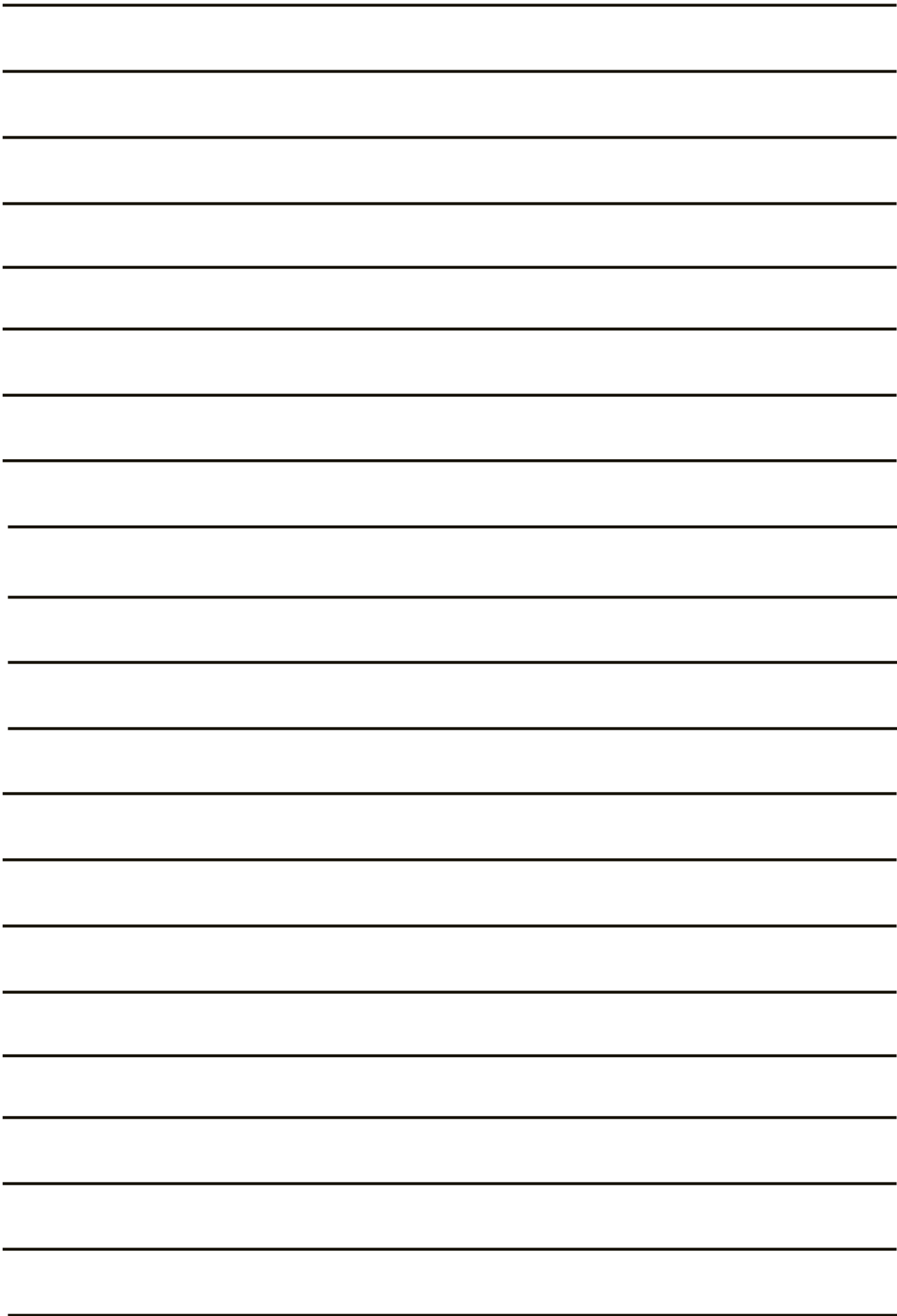
This section invites you to explore how you receive information, what motivates your responses, and how to stay in right relationship with what arises – internally and externally.

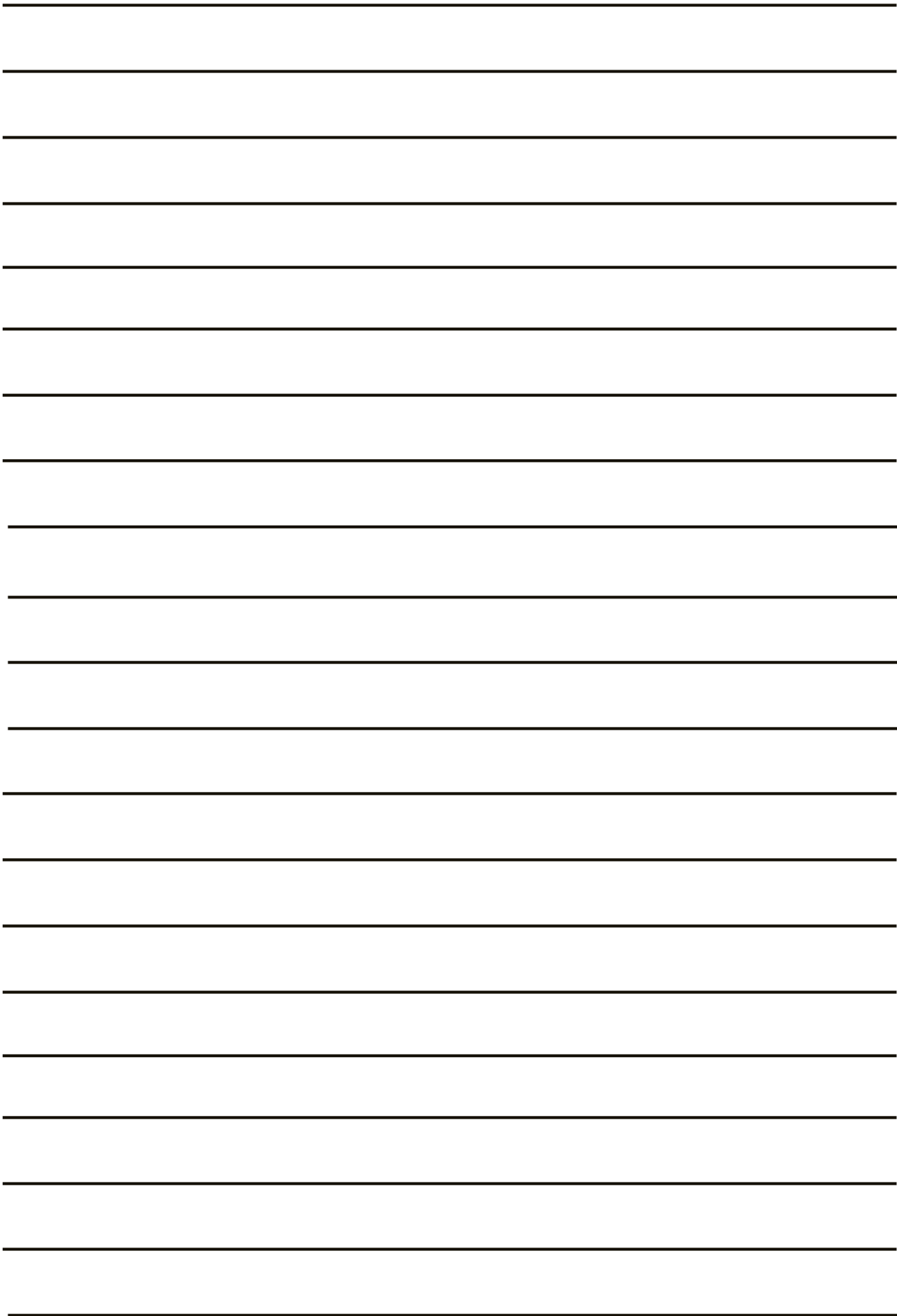


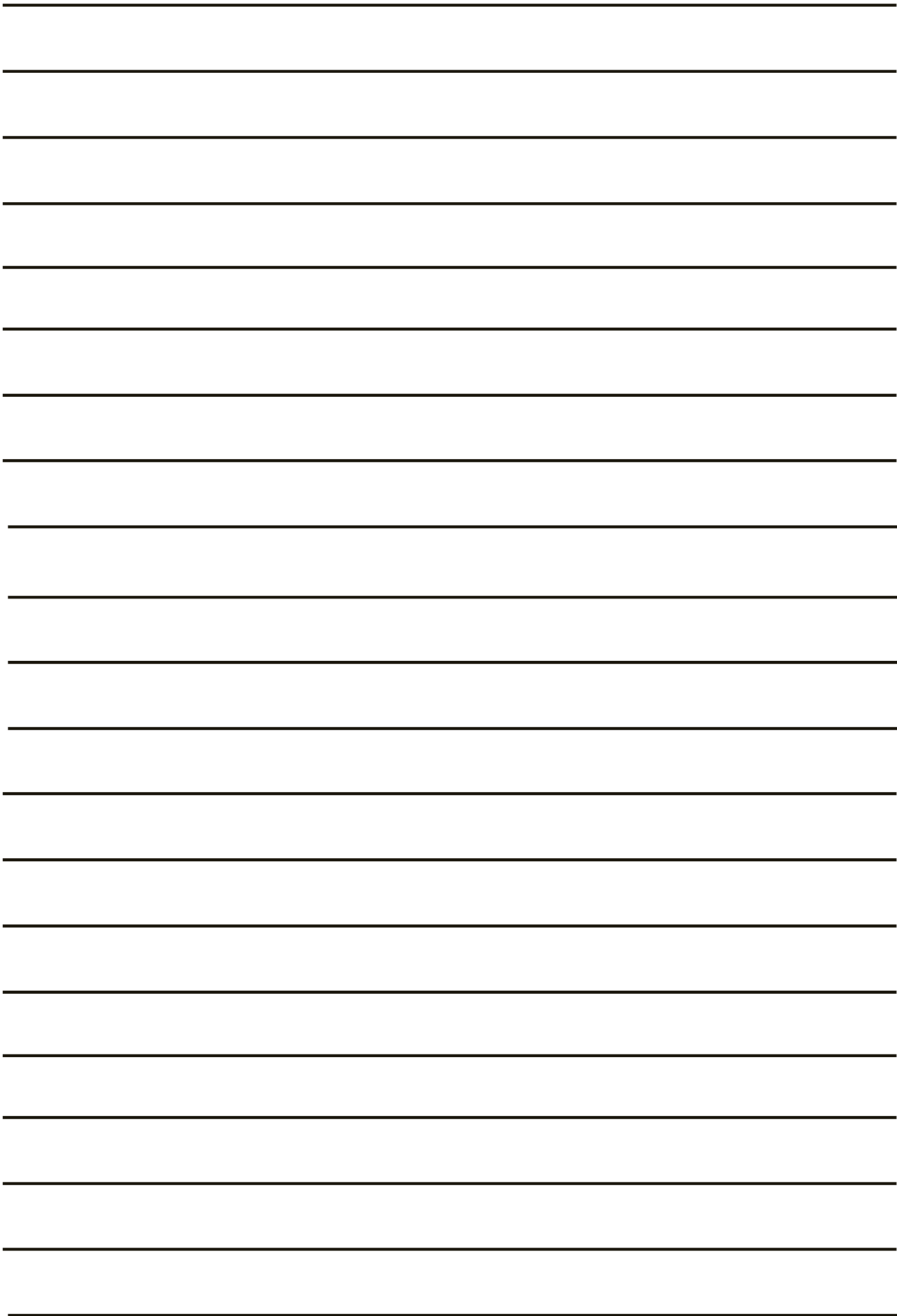


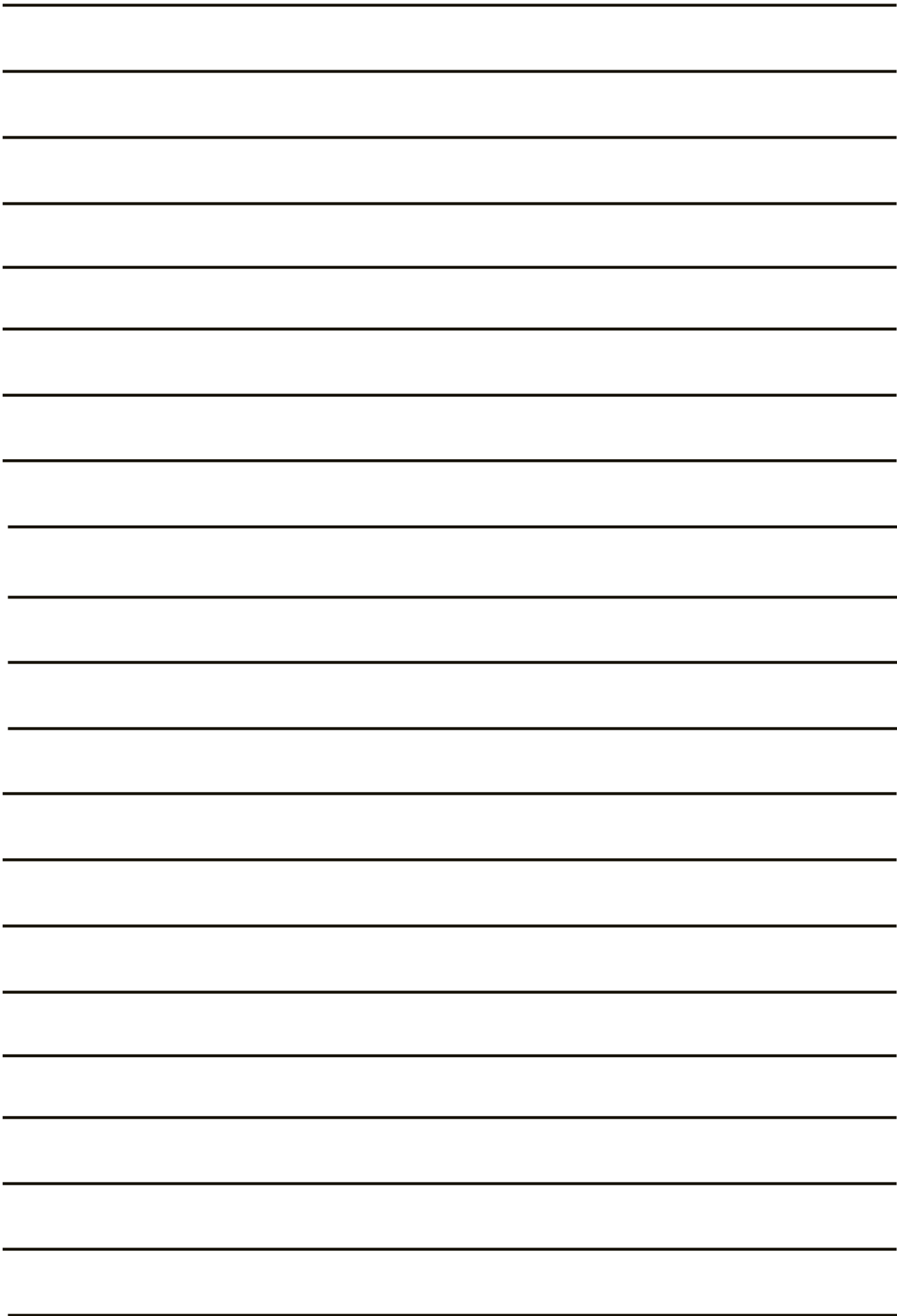


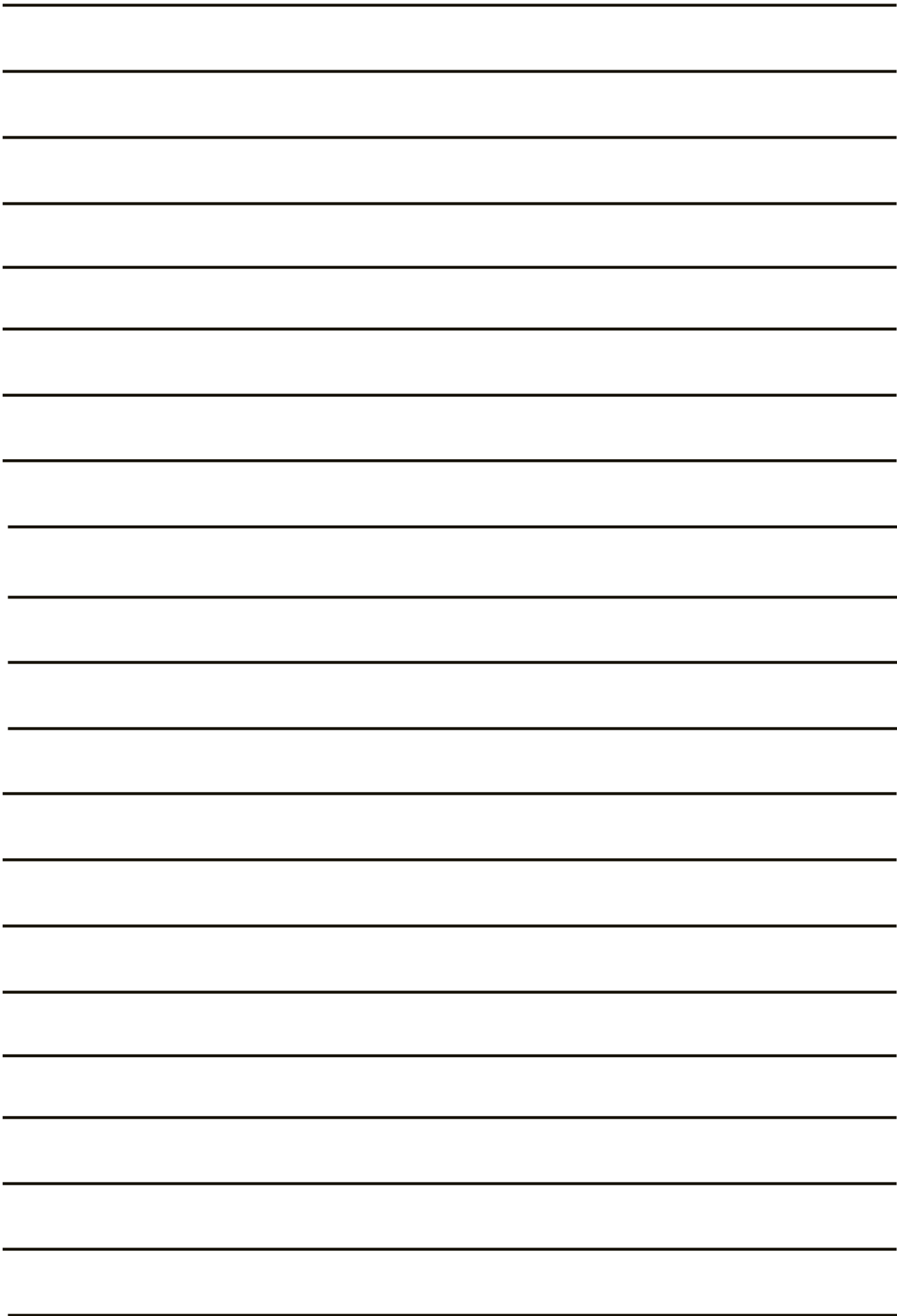


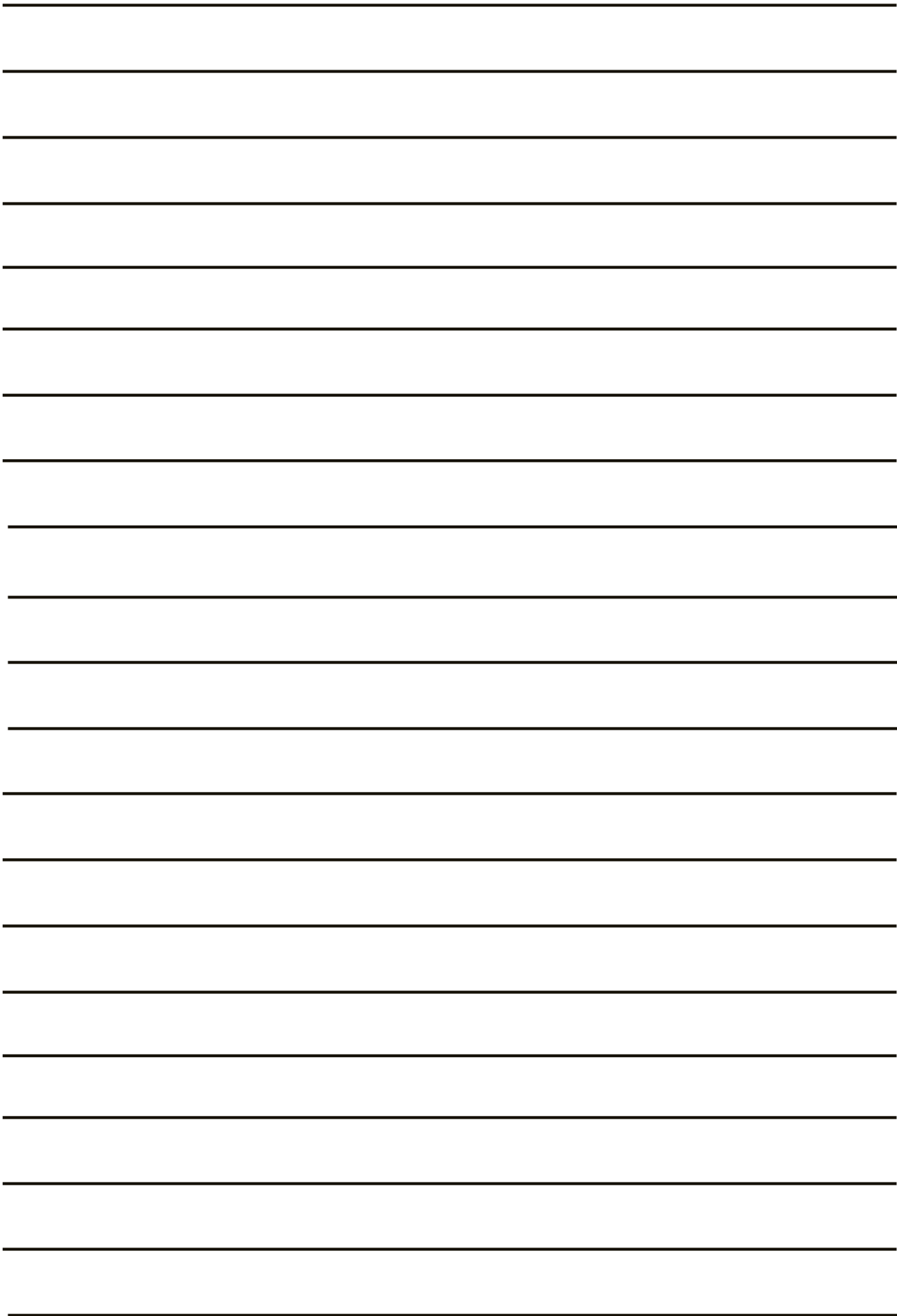


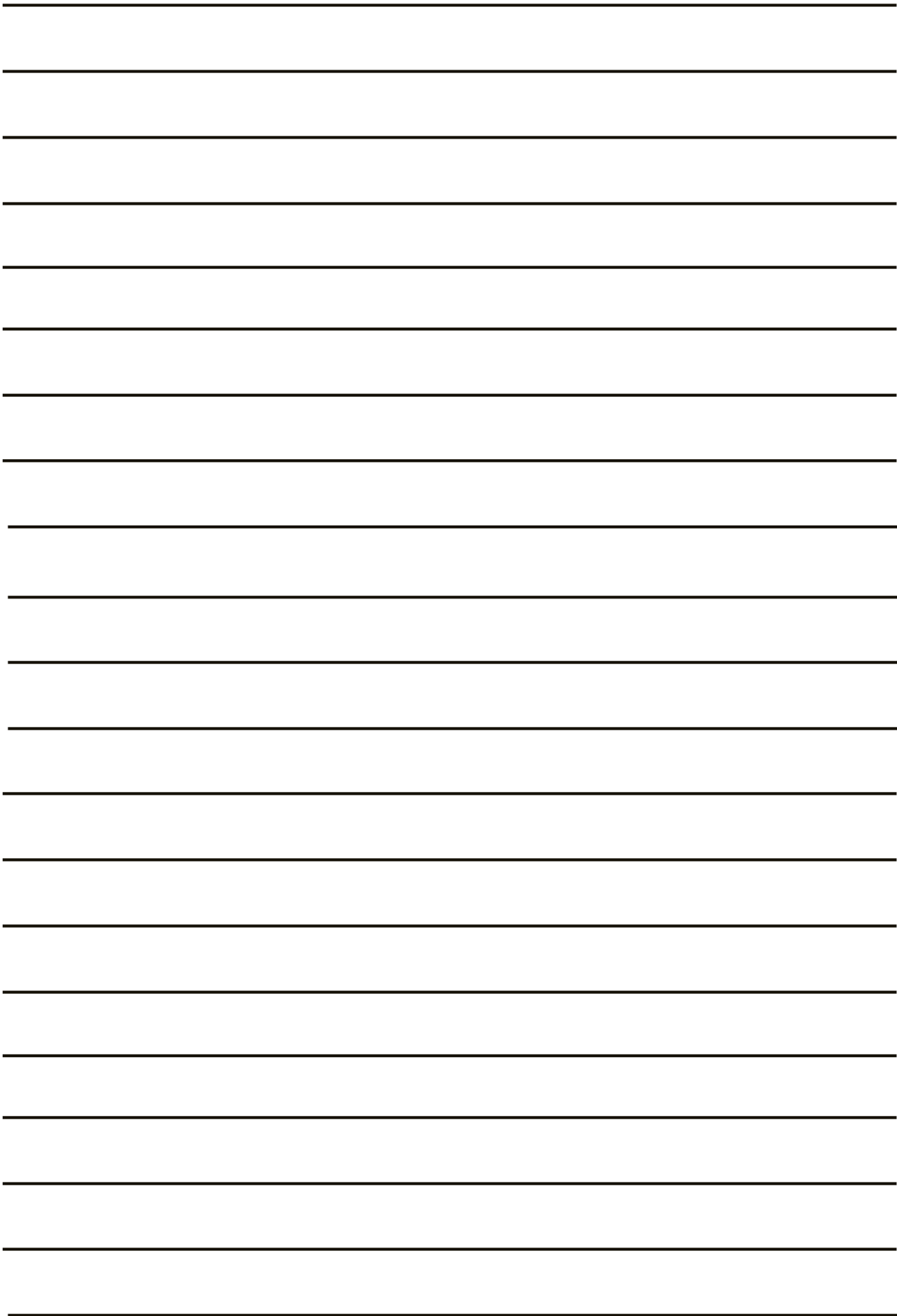


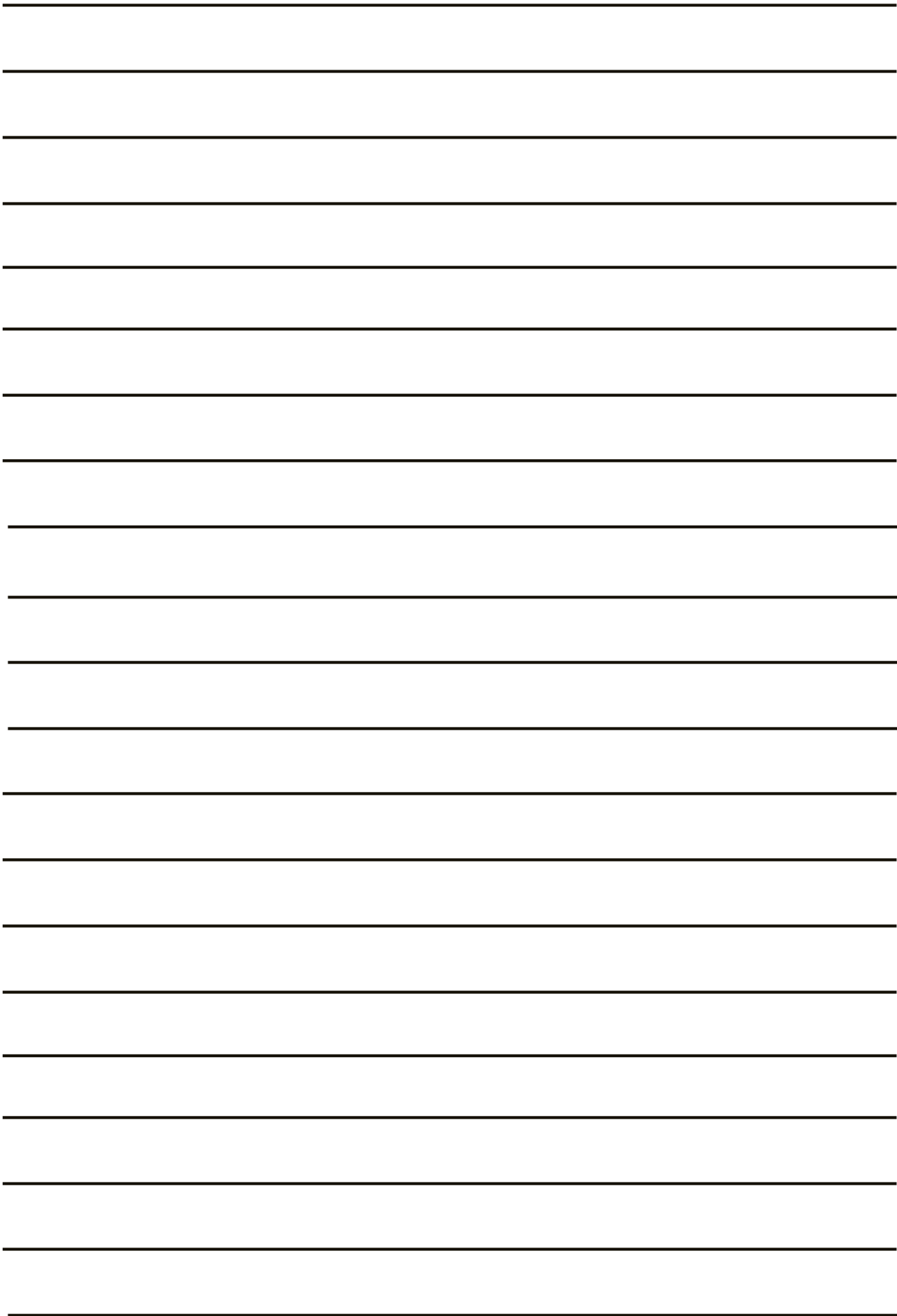


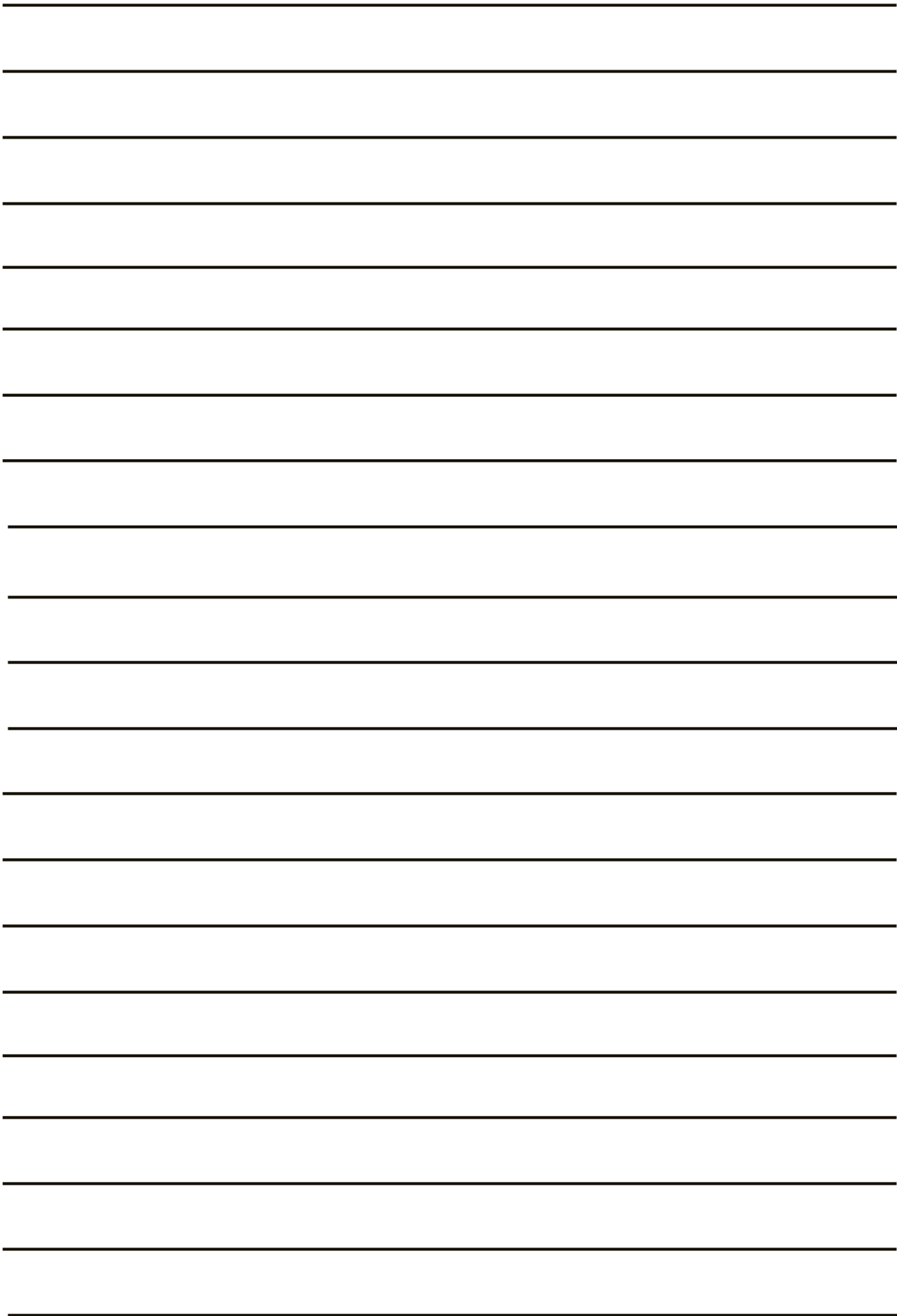


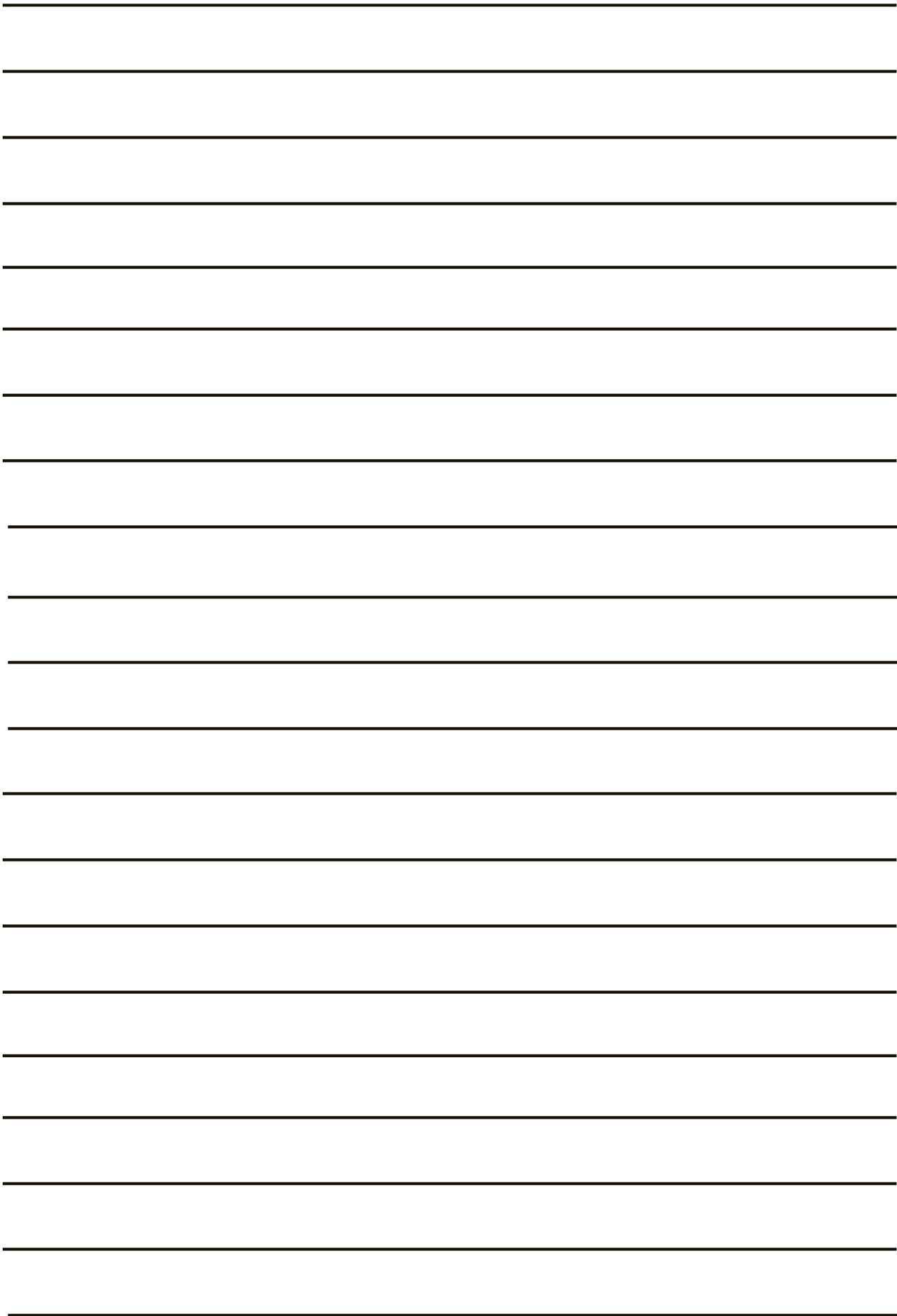


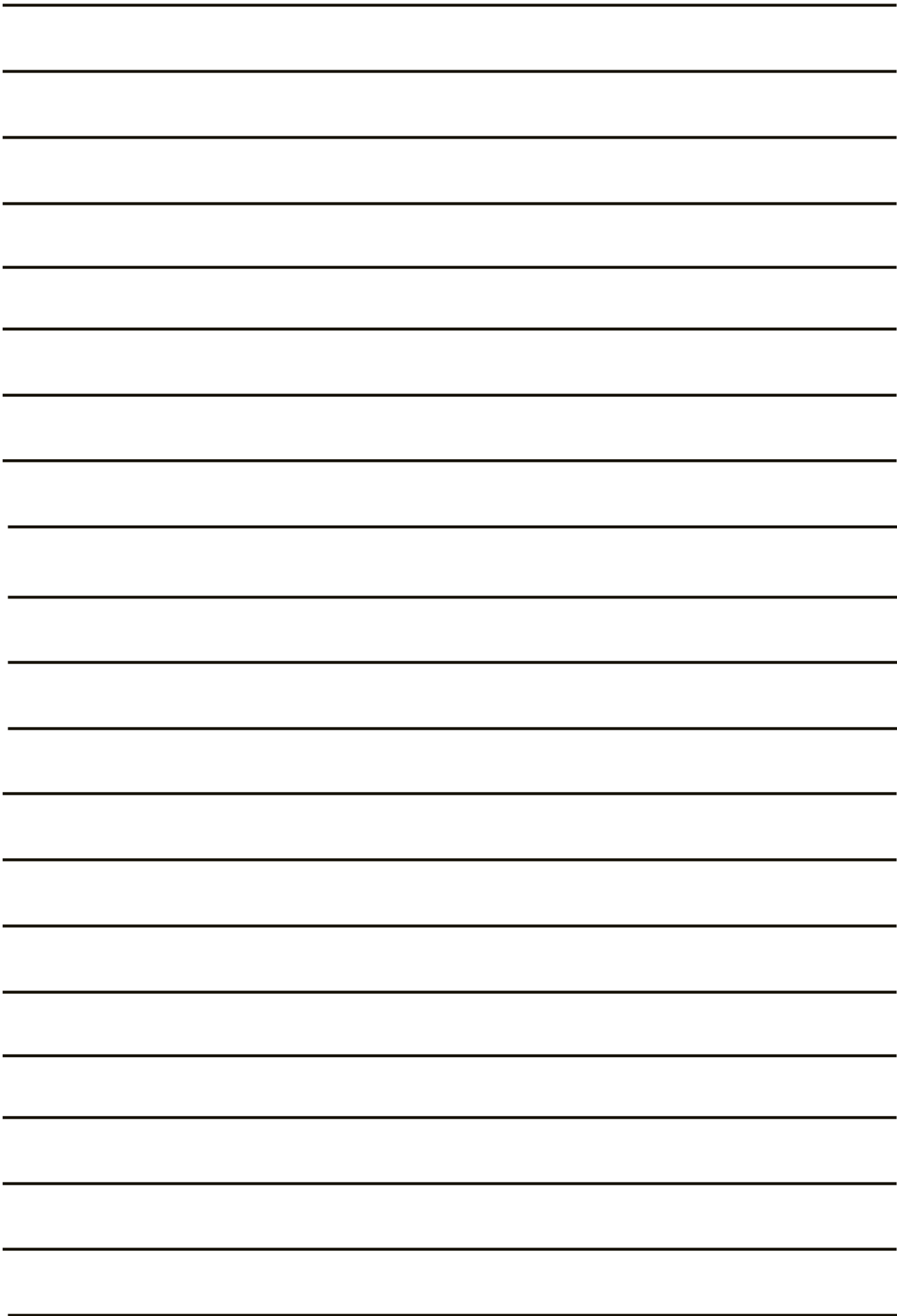










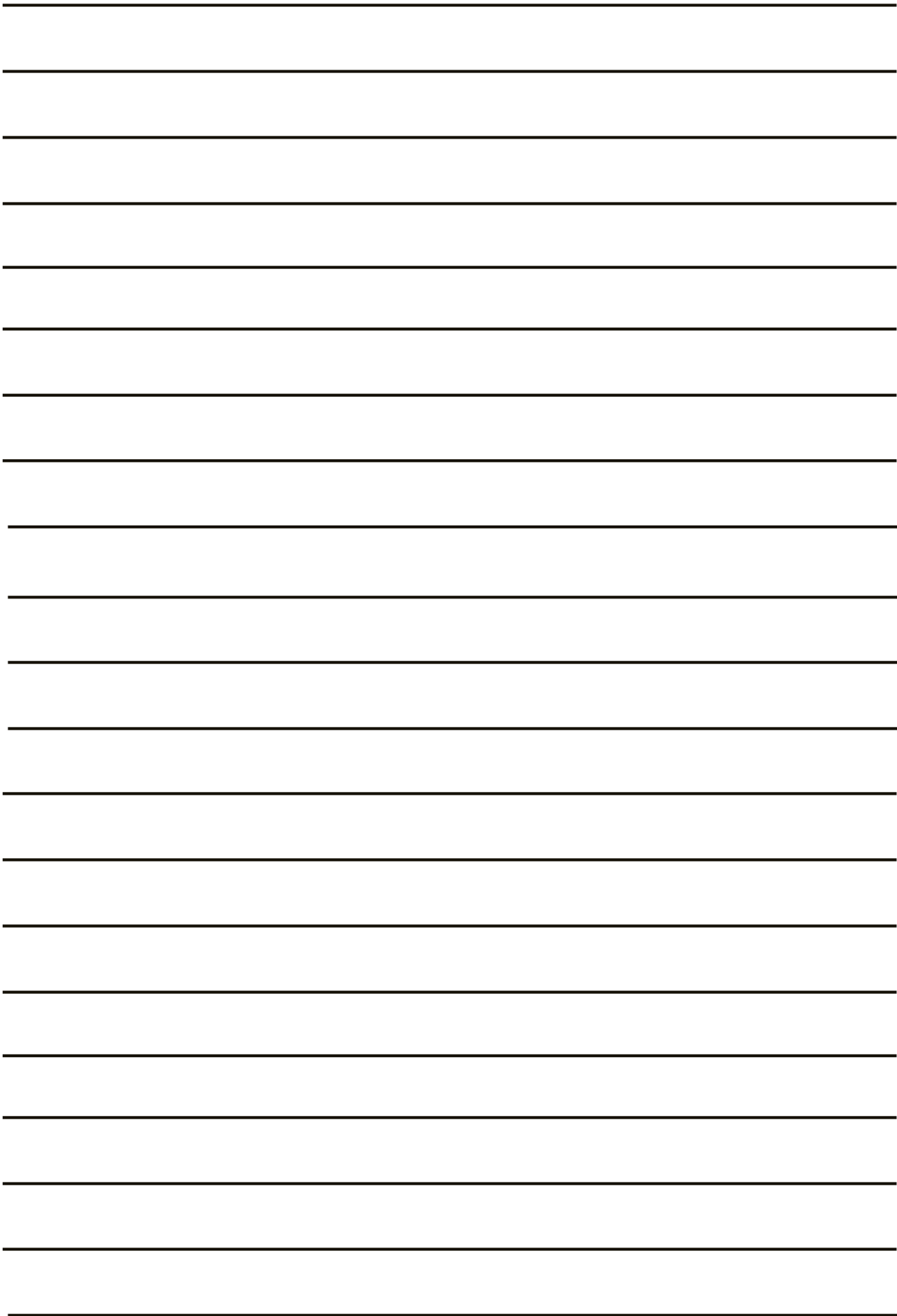


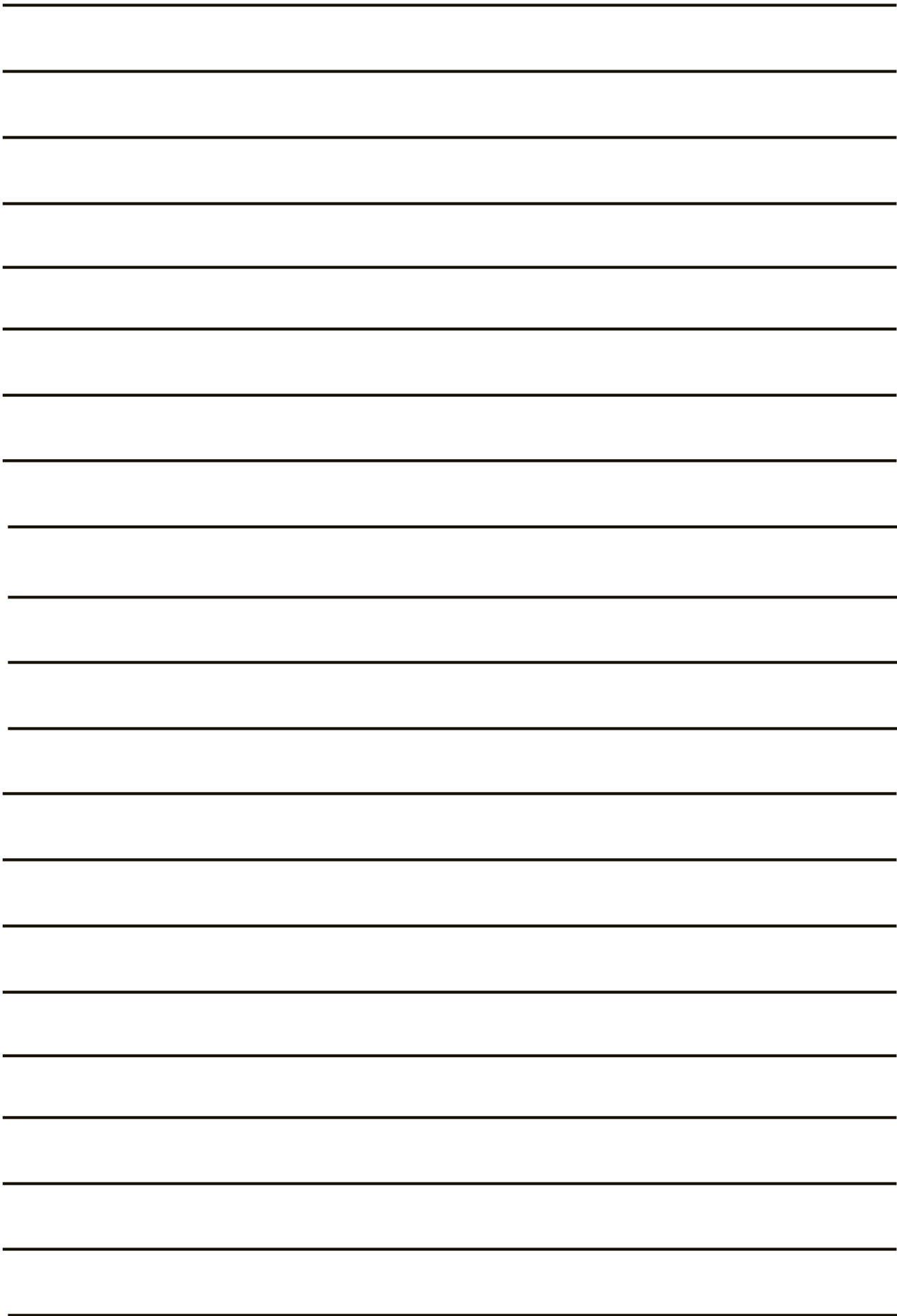
REFLECTIVE COMMUNICATION

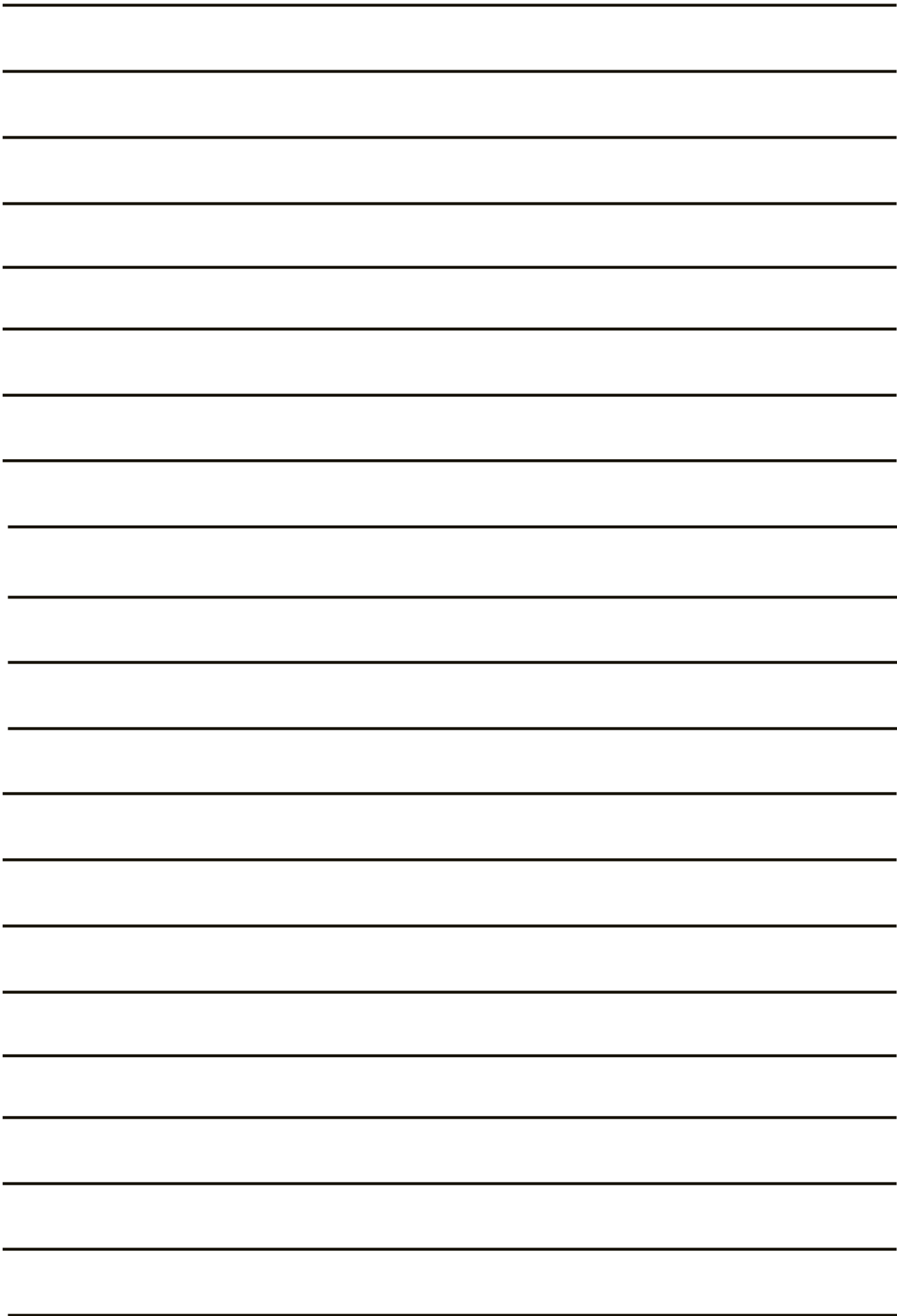
Reflective communication is the art of holding up a mirror – not telling the client what you see, but helping them see themselves more clearly. It's the ability to reflect tone, emotion, pattern, or subtle shifts without analysis, interpretation, or inserting your own meaning.

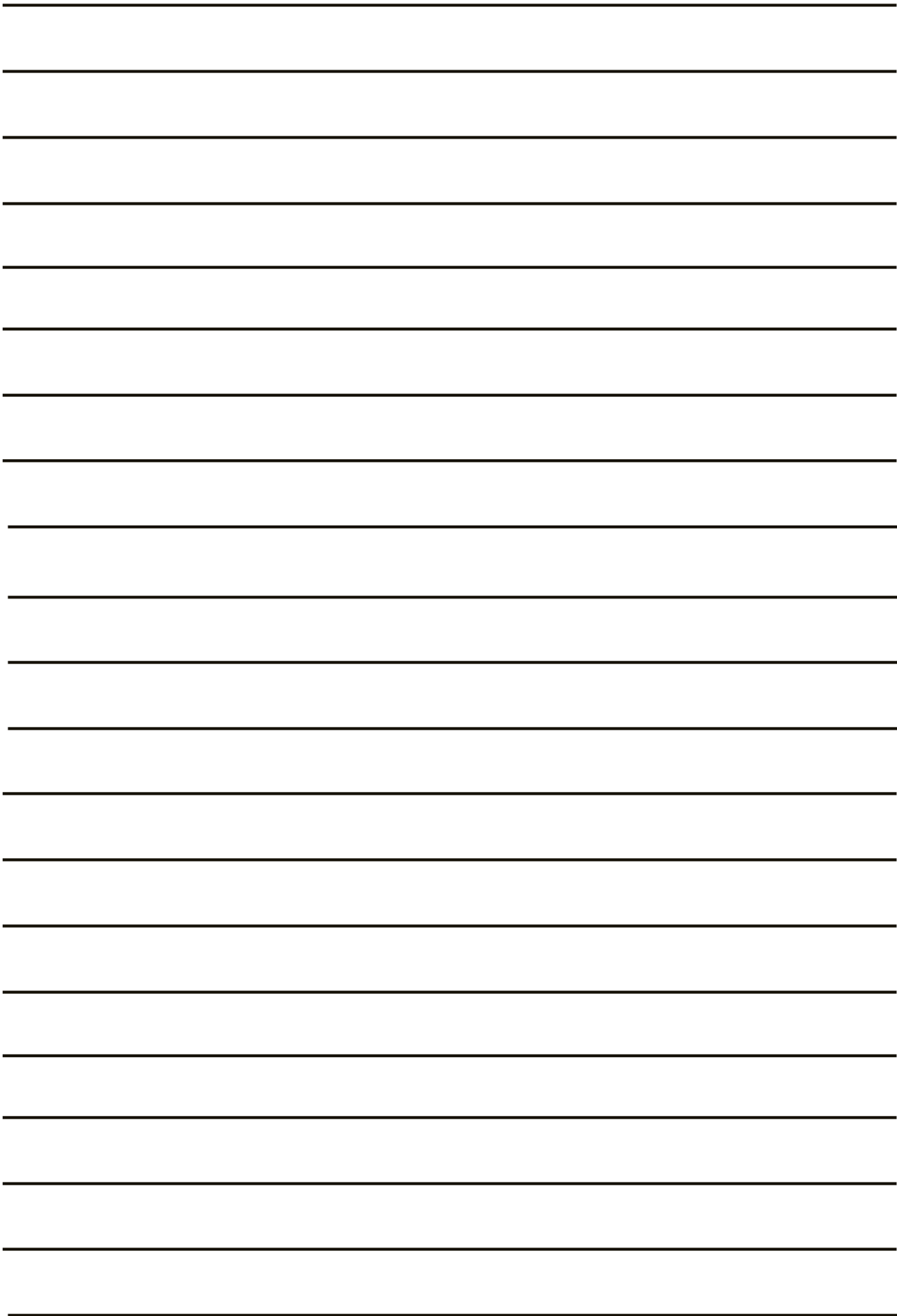
When reflective communication is clean, it opens space. It invites insight, self-recognition, and trust. When it's premature, unfiltered, or centered on the practitioner's need to contribute, it can distort the process or create pressure in the room.

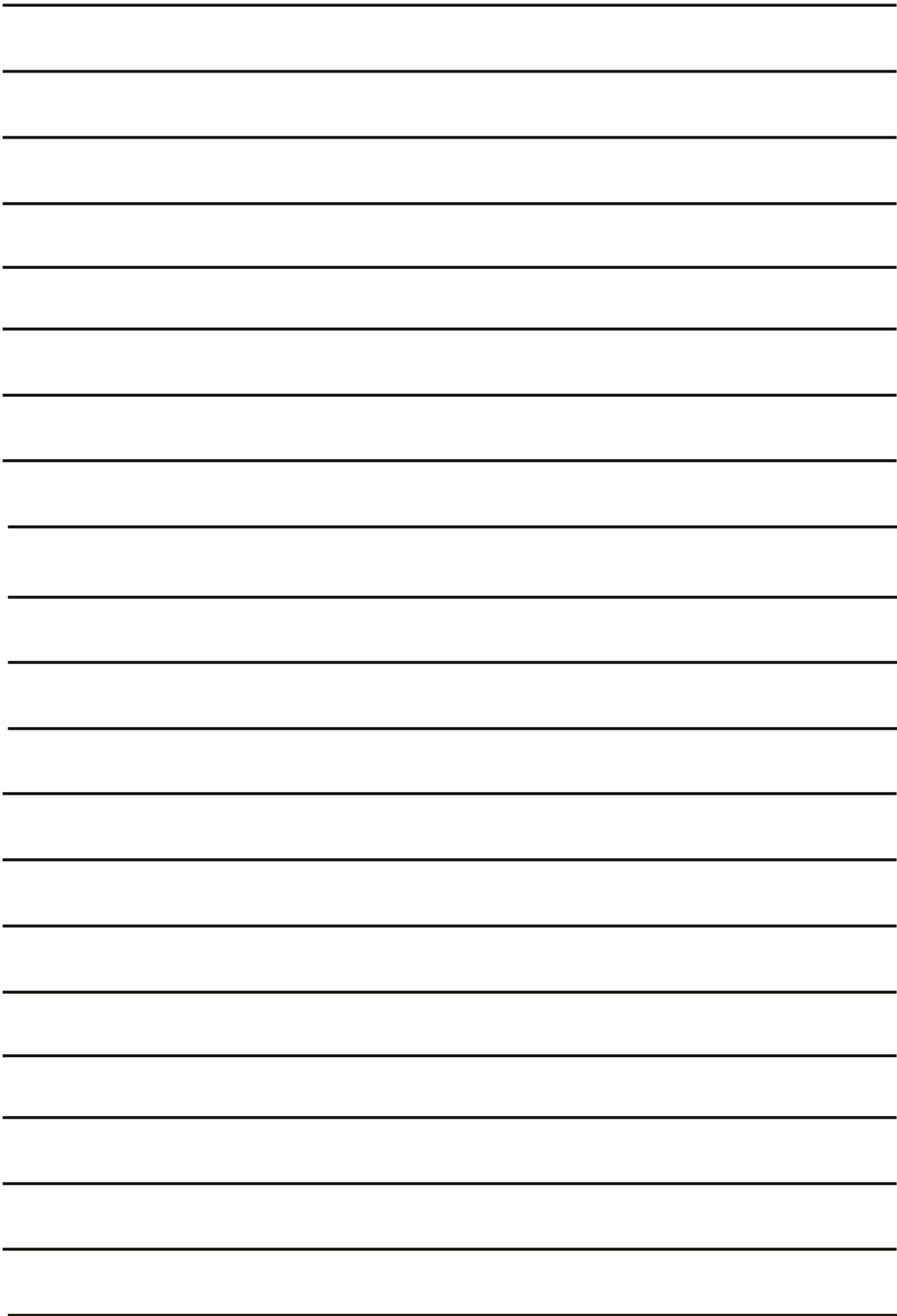
This section invites you to examine how you reflect, what motivates your contributions, and what supports you in staying attuned without leading, performing, or over-explaining.

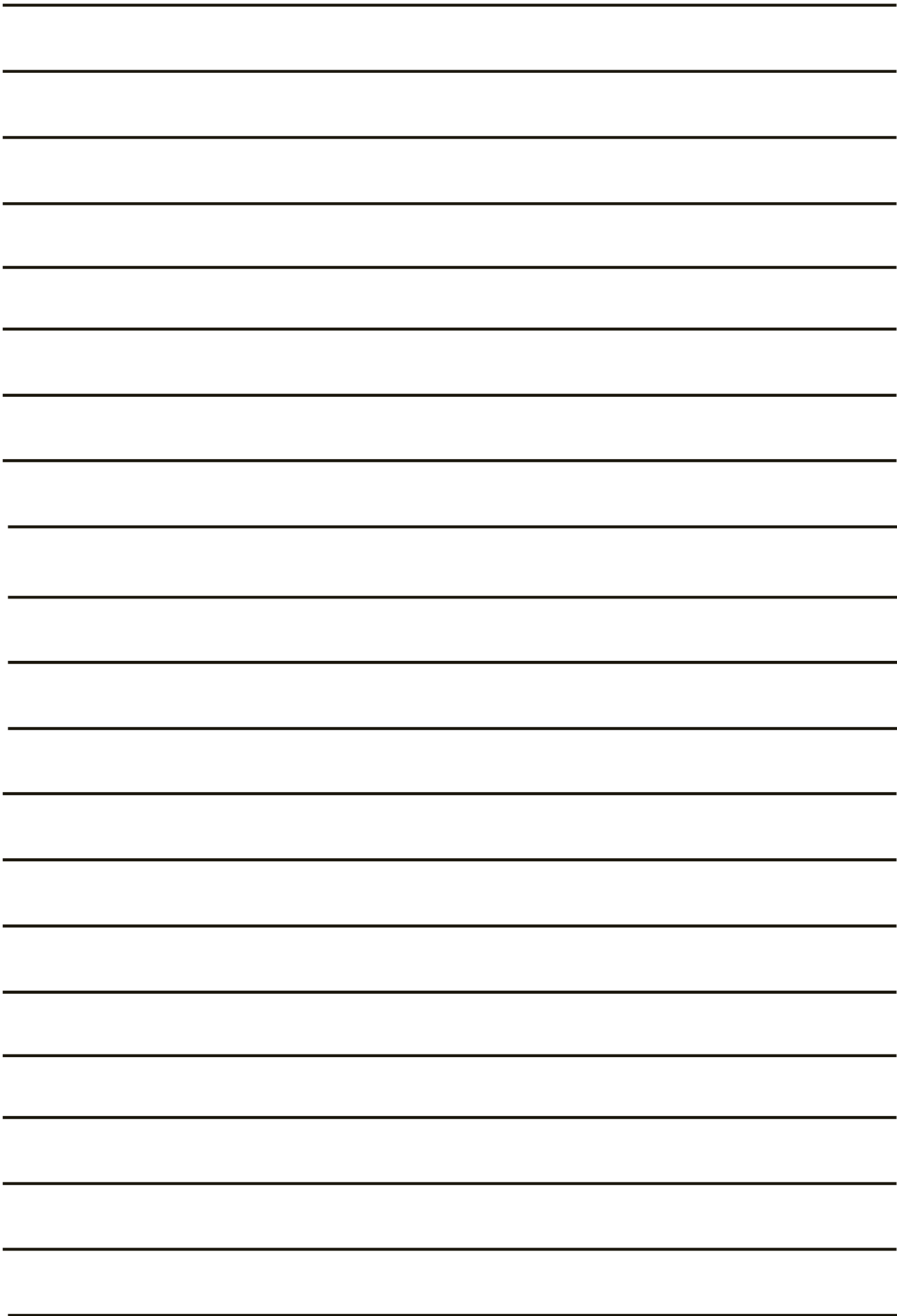


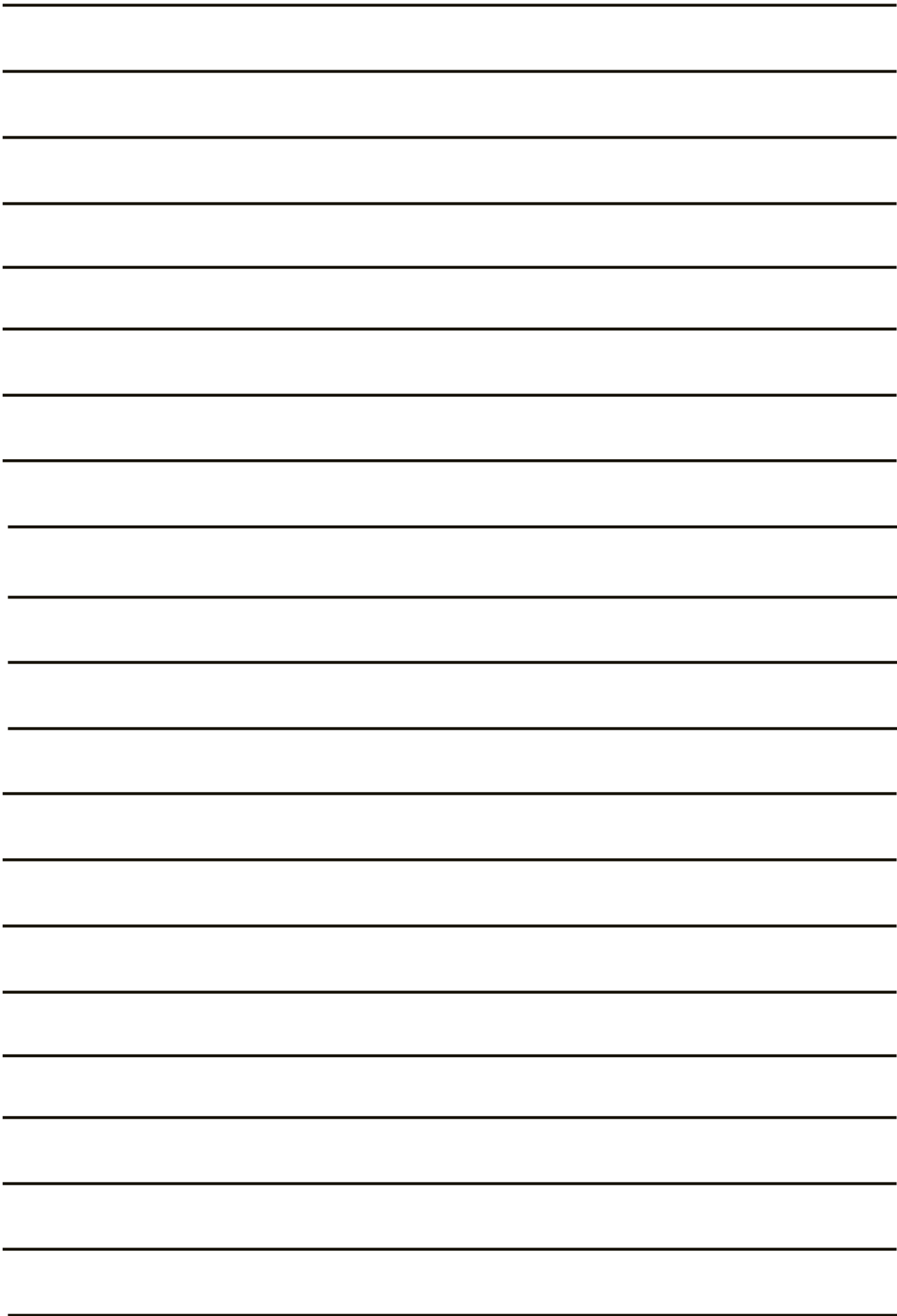


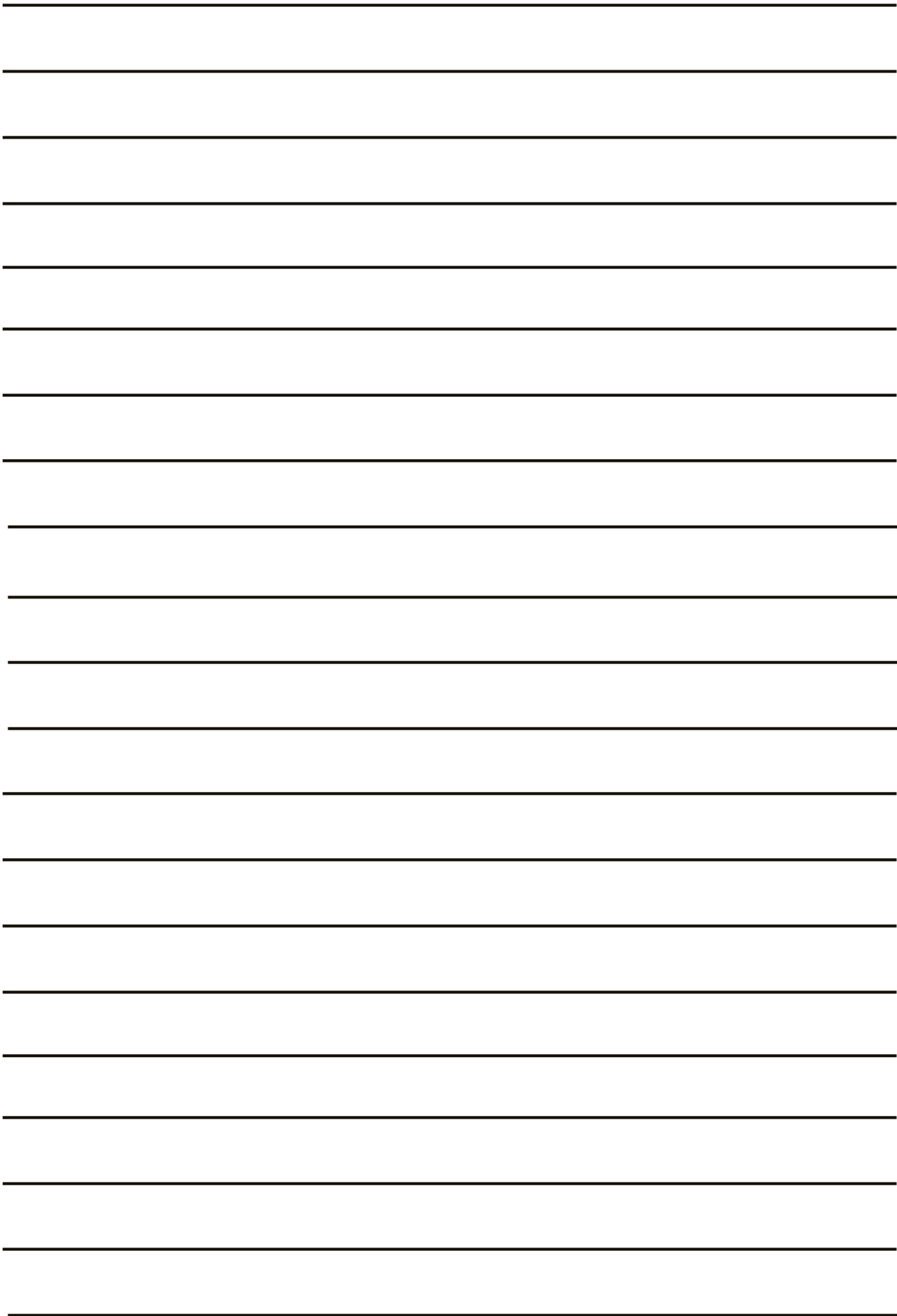


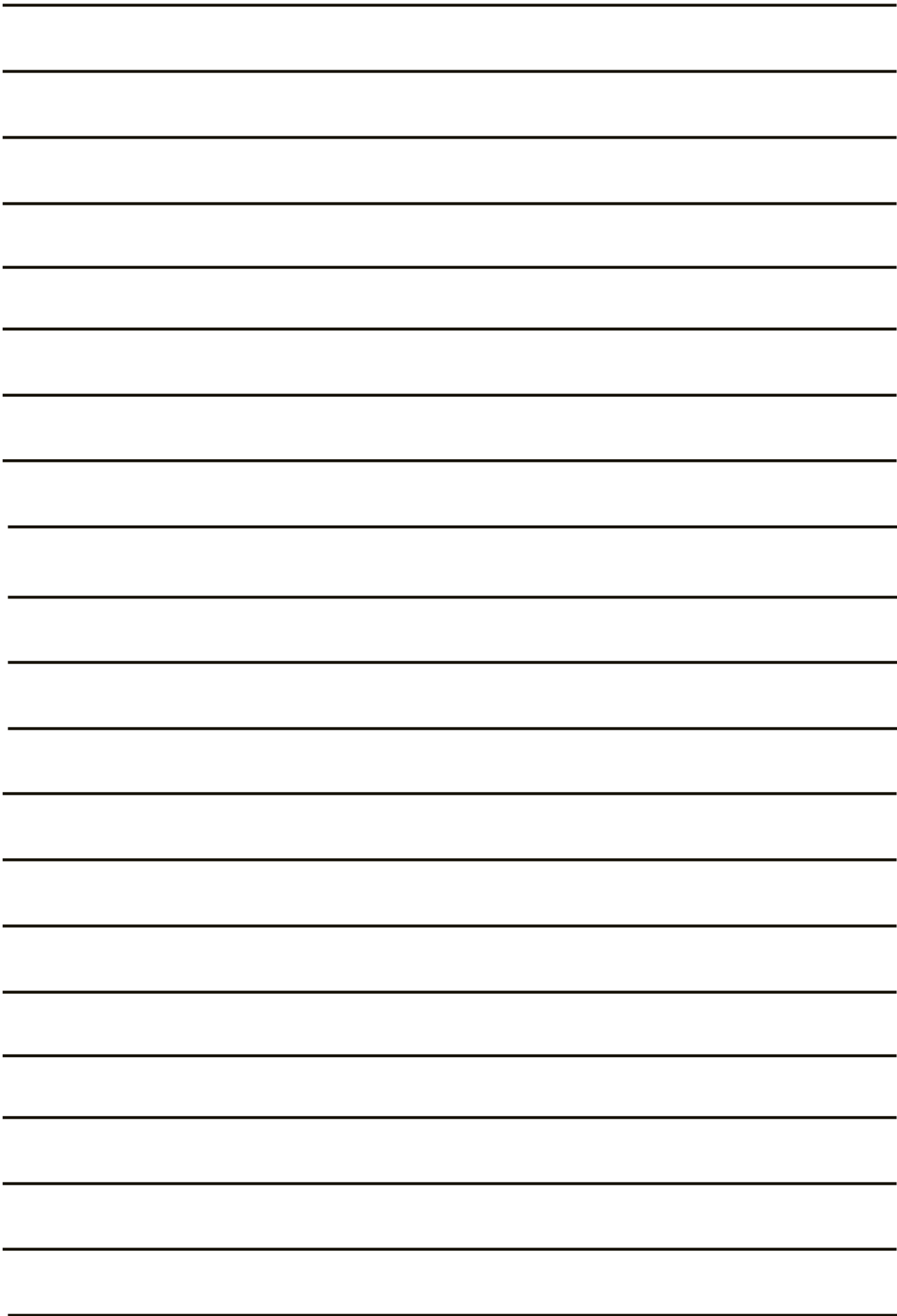


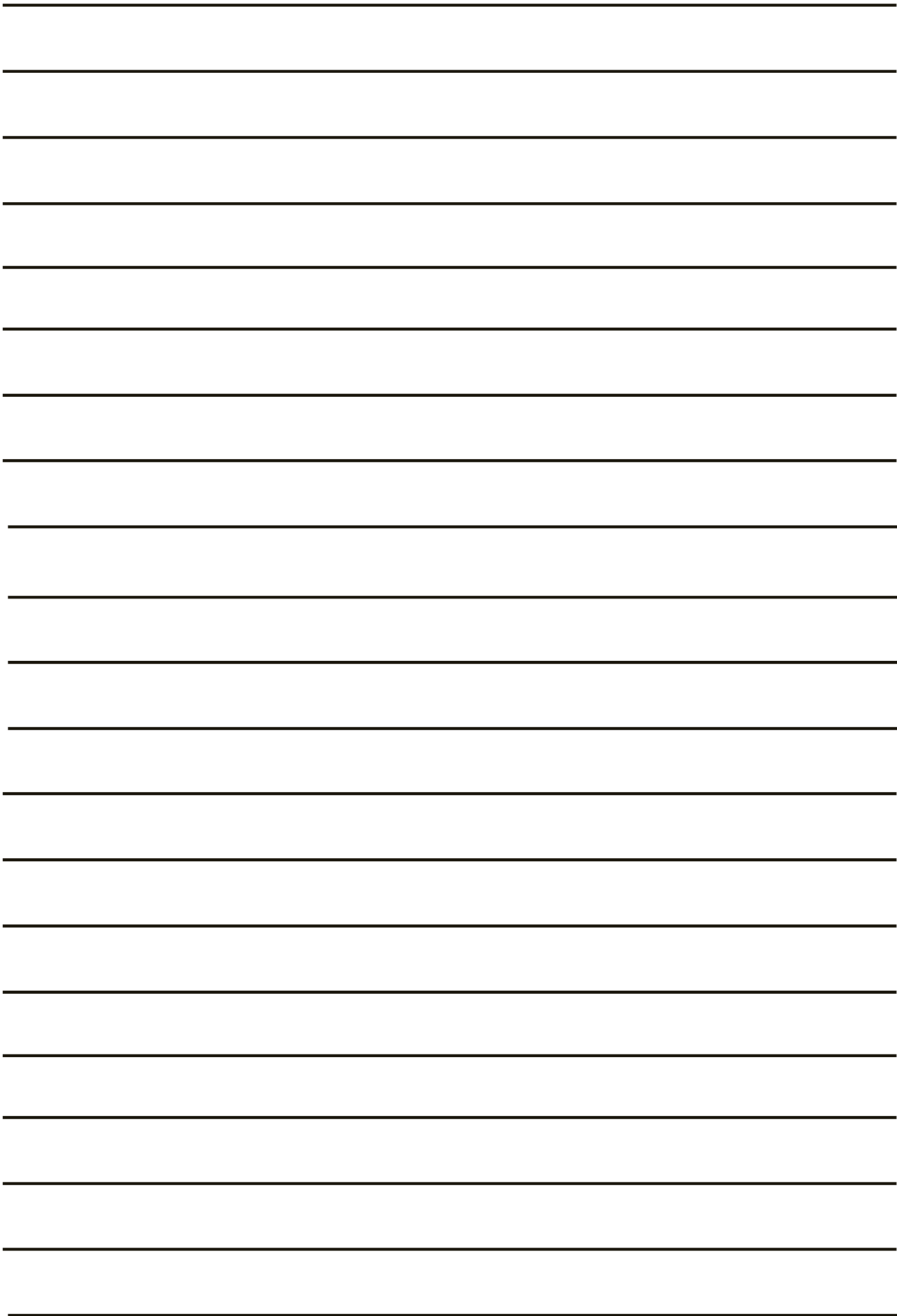


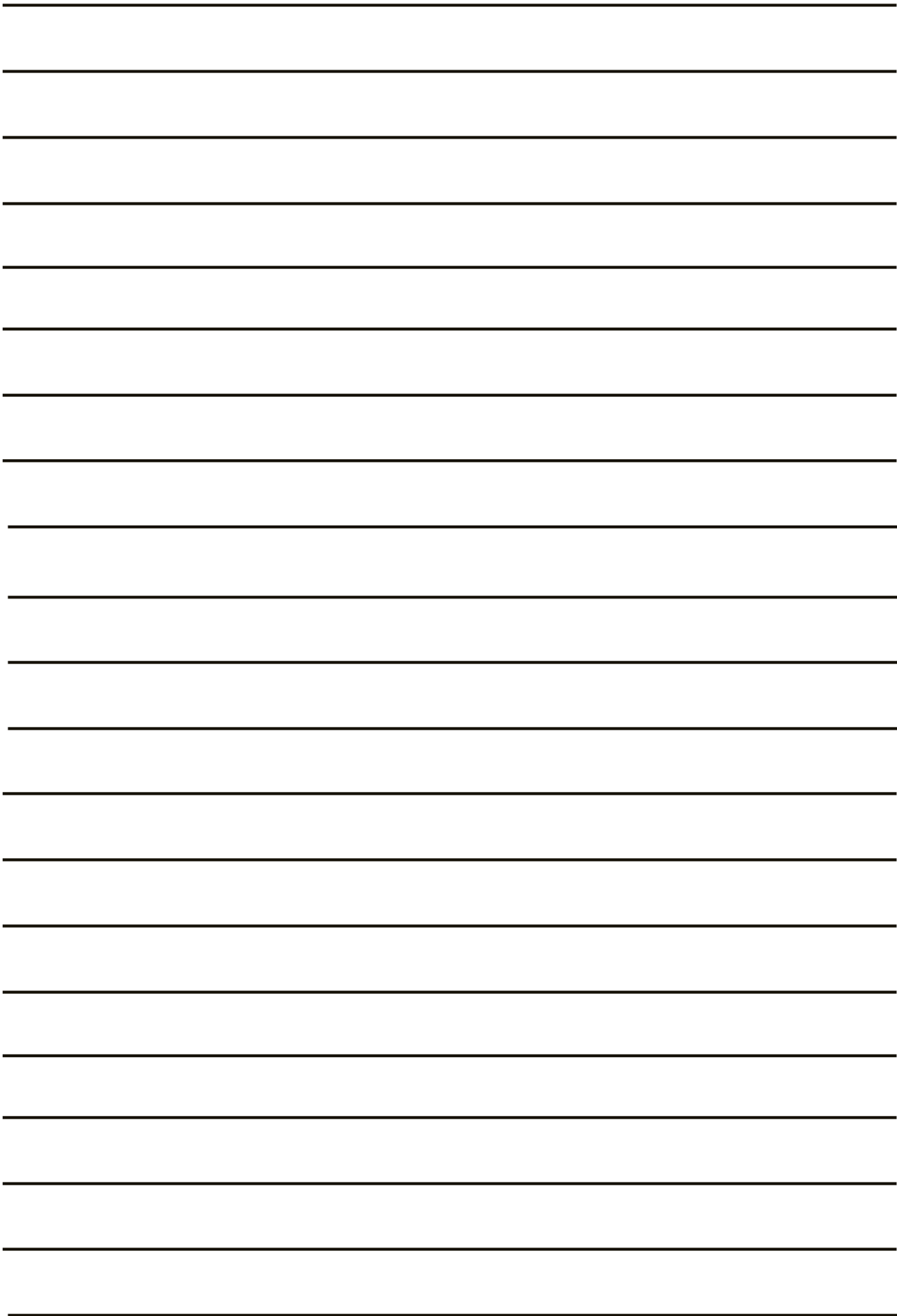


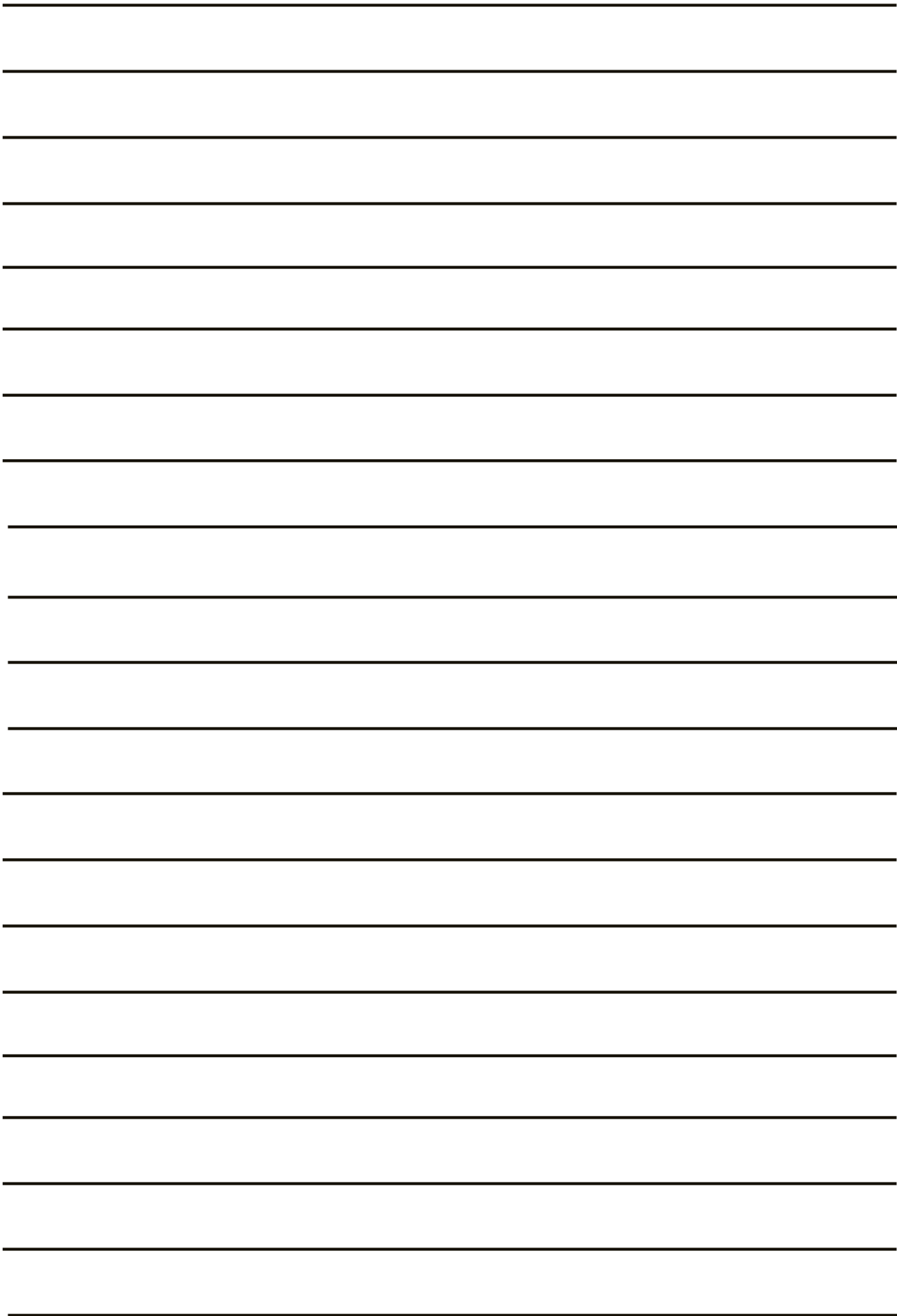


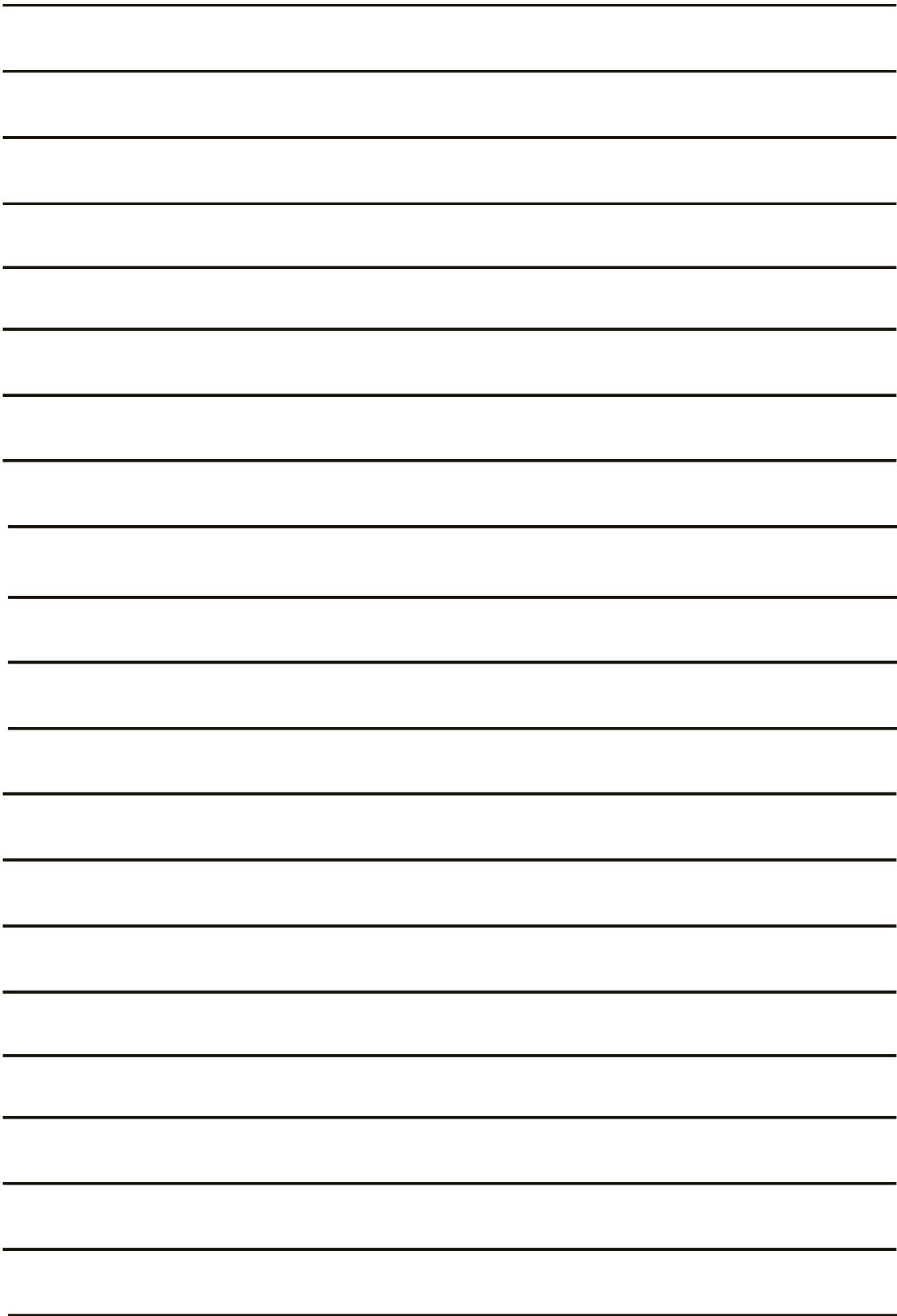


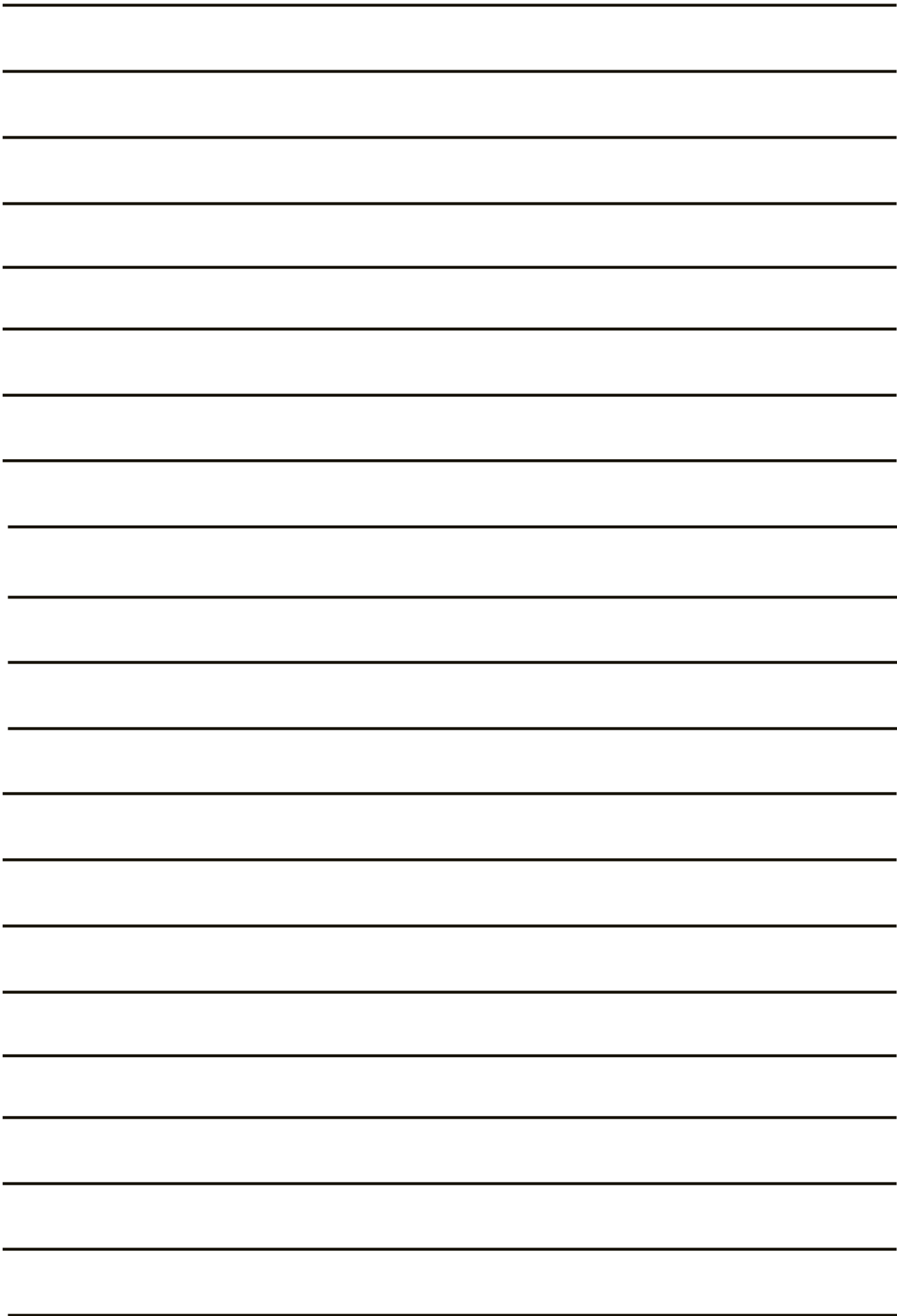


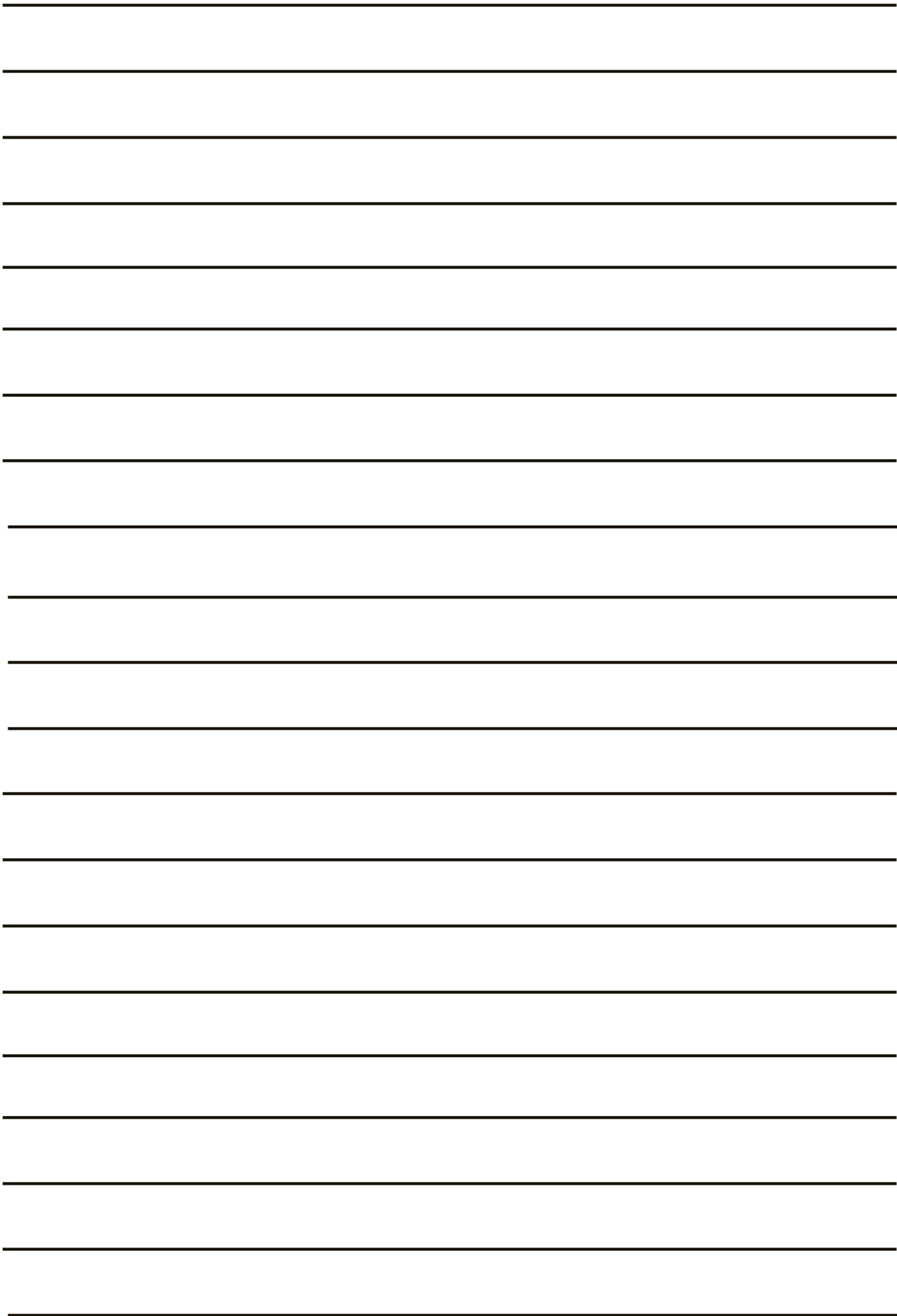










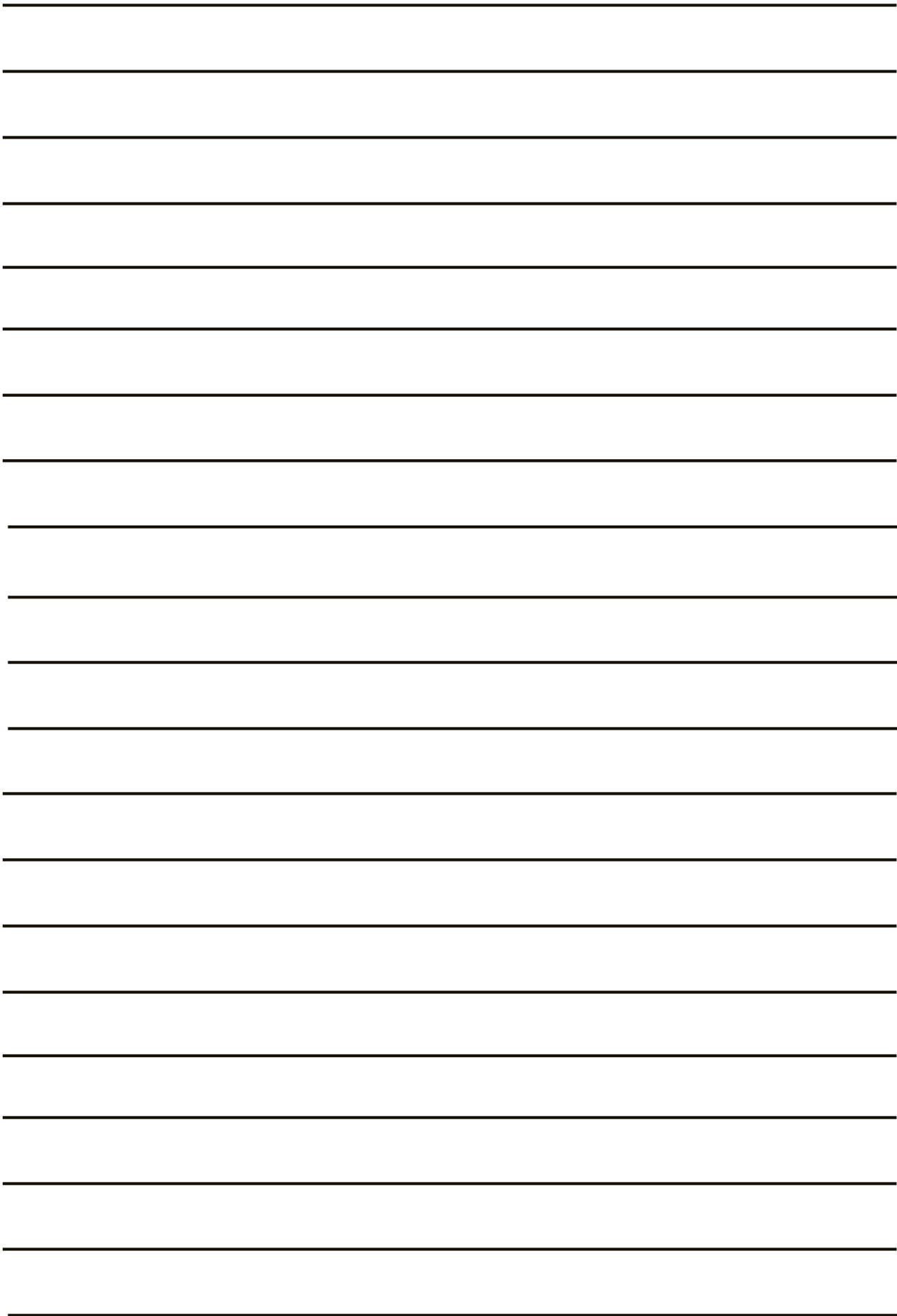


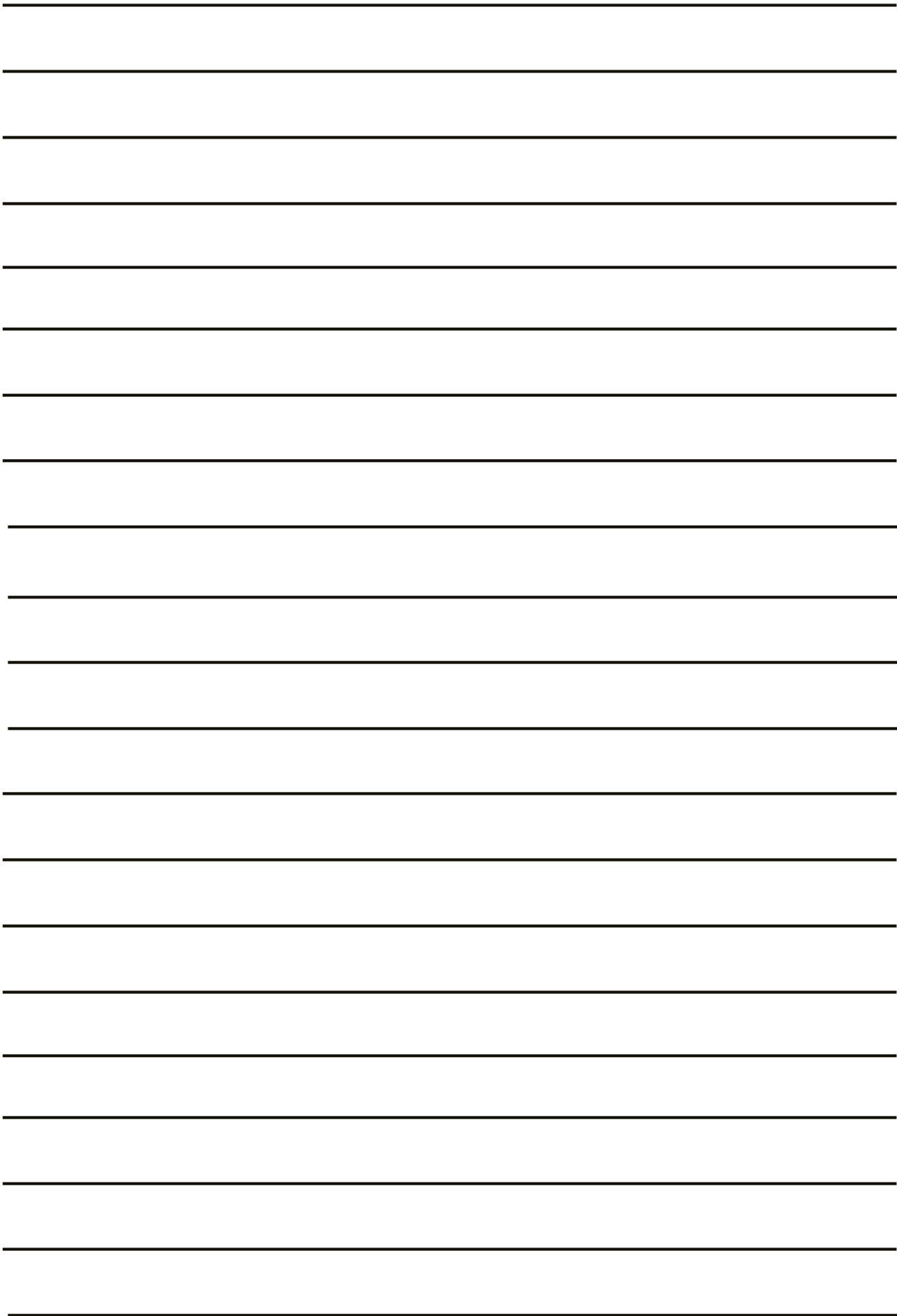
HUMAN CENTEREDNESS

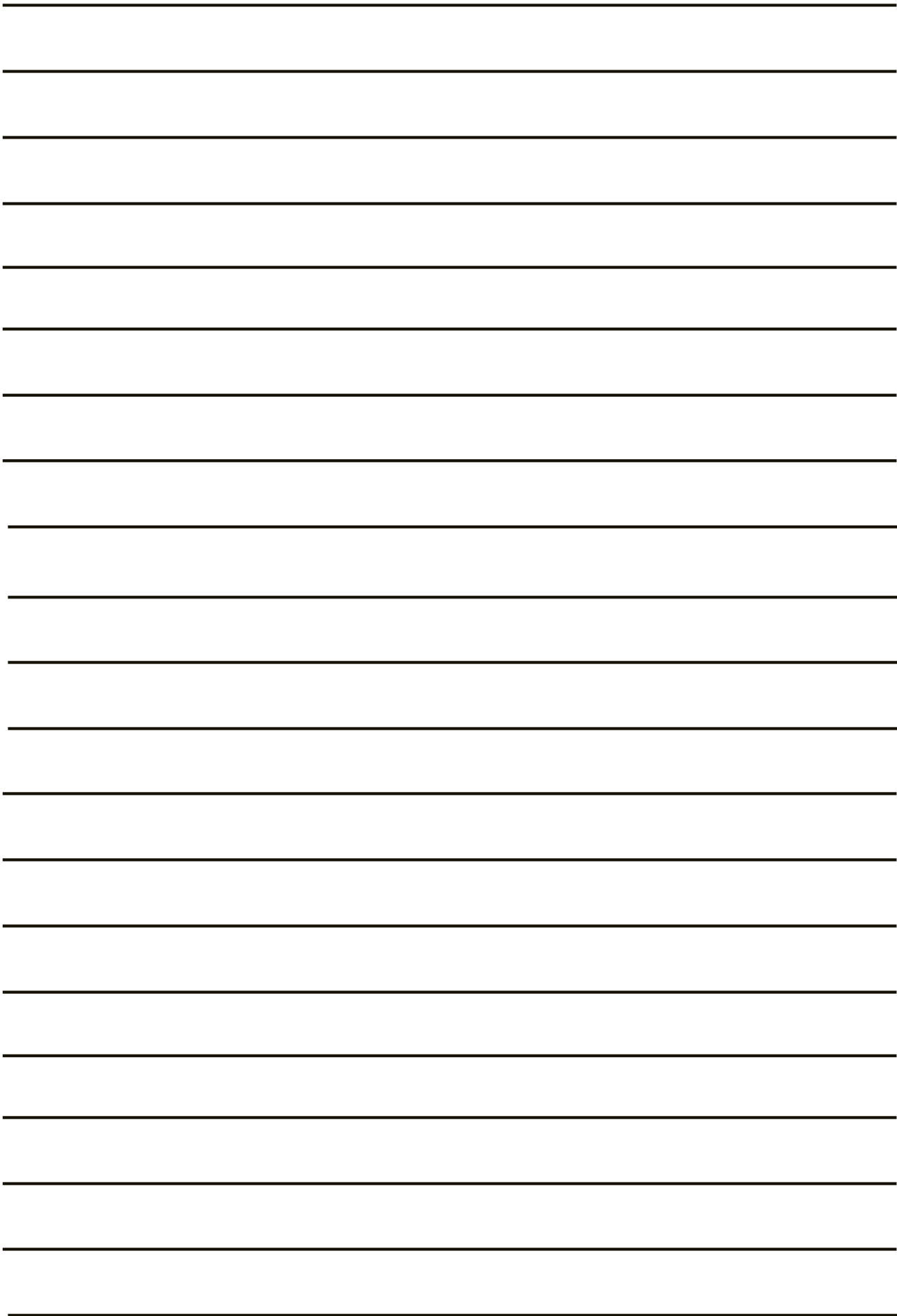
Human-centeredness is the ability to see the client as a whole, complex, evolving person – not just as a set of symptoms, goals, roles, or patterns. It's a subtle but essential shift: from working on someone to being with them. From managing change to respecting their pace. From guiding a process to honouring a person.

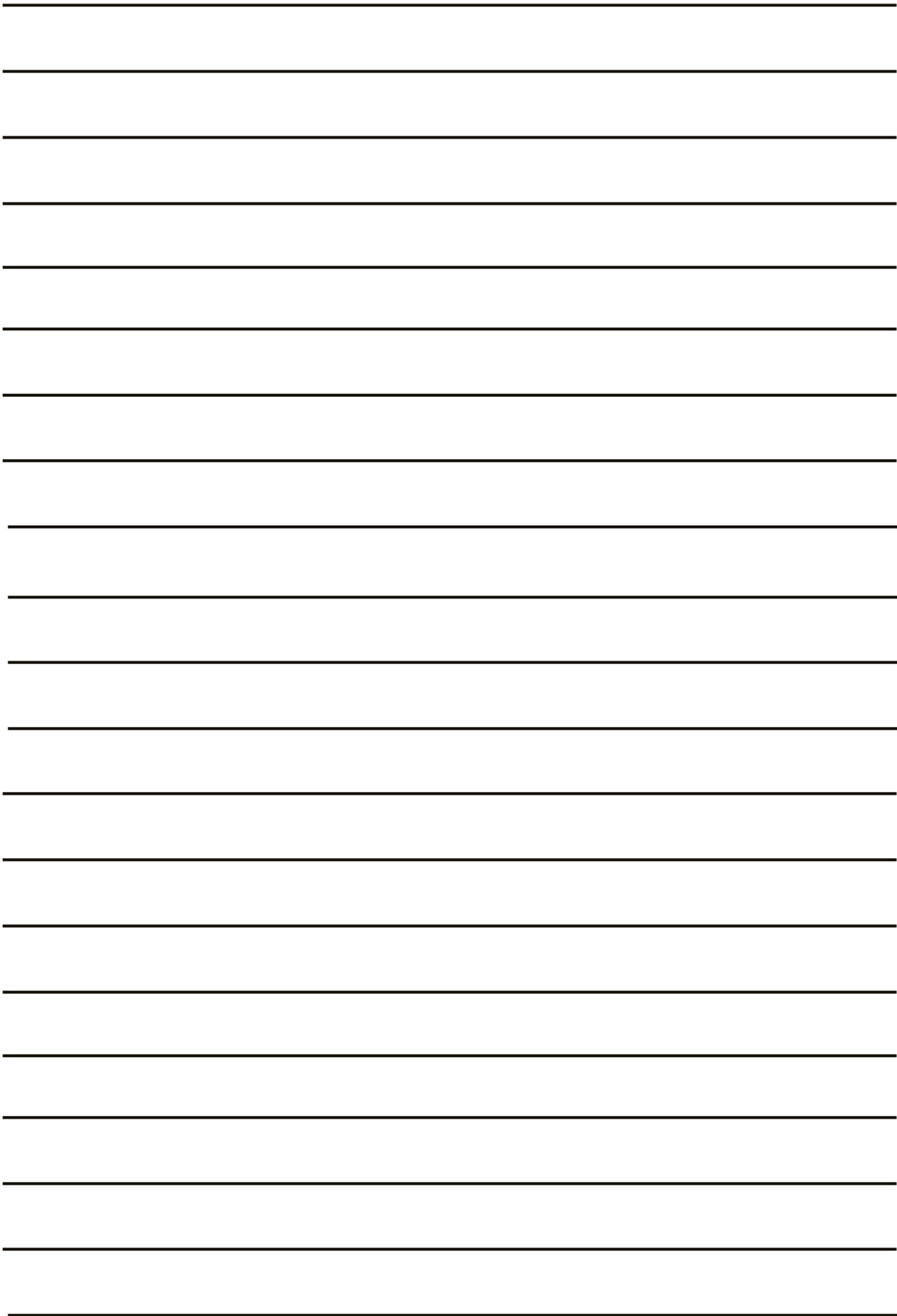
This doesn't mean dissolving your role as a practitioner. It means anchoring your role in relationship. When we hold human-centered space, the client is not something to figure out or fix. They're someone to be met with presence, respect, and care – even when their process is slow, messy, or unclear.

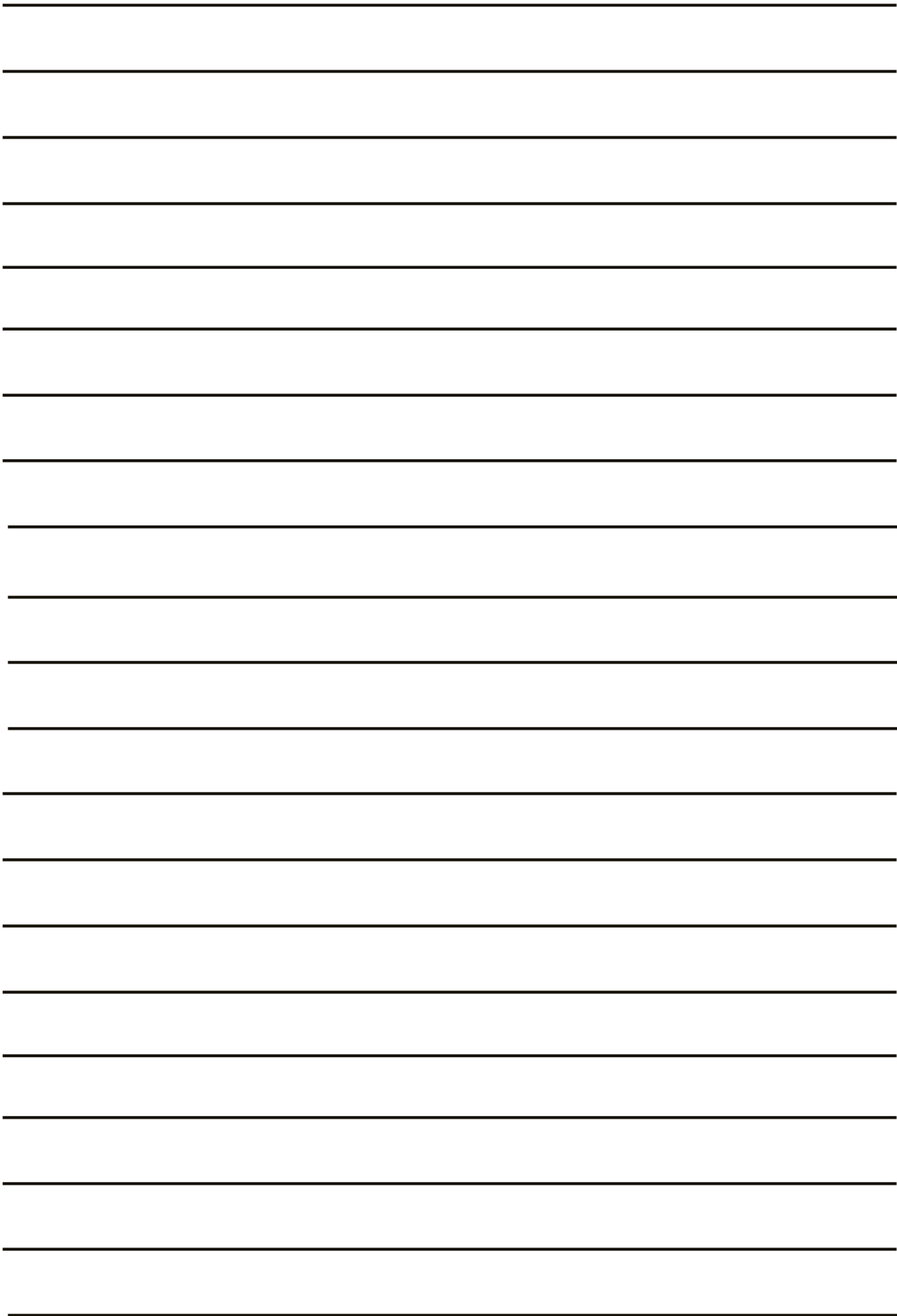
This section invites you to reflect on how you orient to the people you work with – where you hold authentic, mutual presence, and where you may subtly slip into roles that create distance or hierarchy.

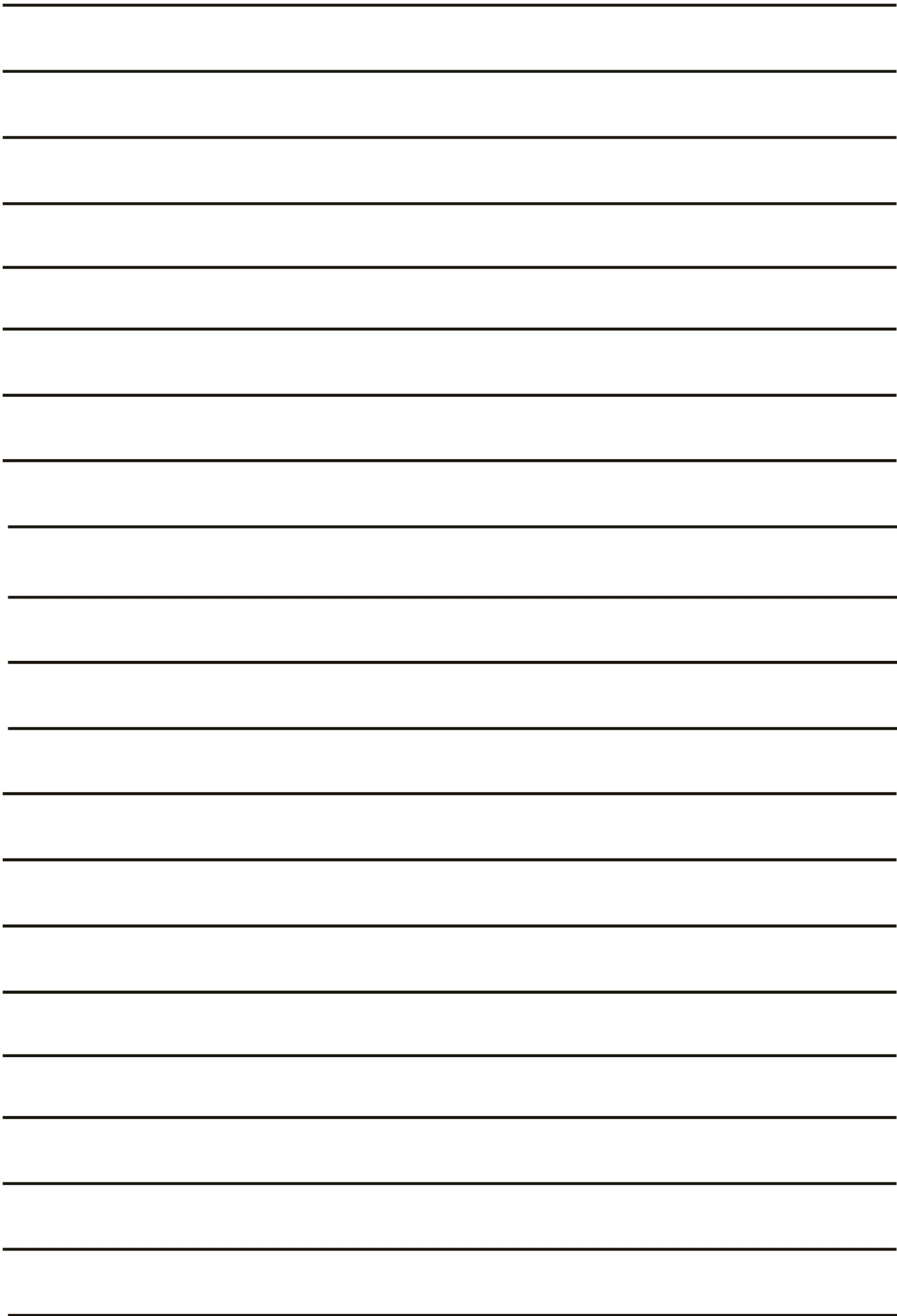


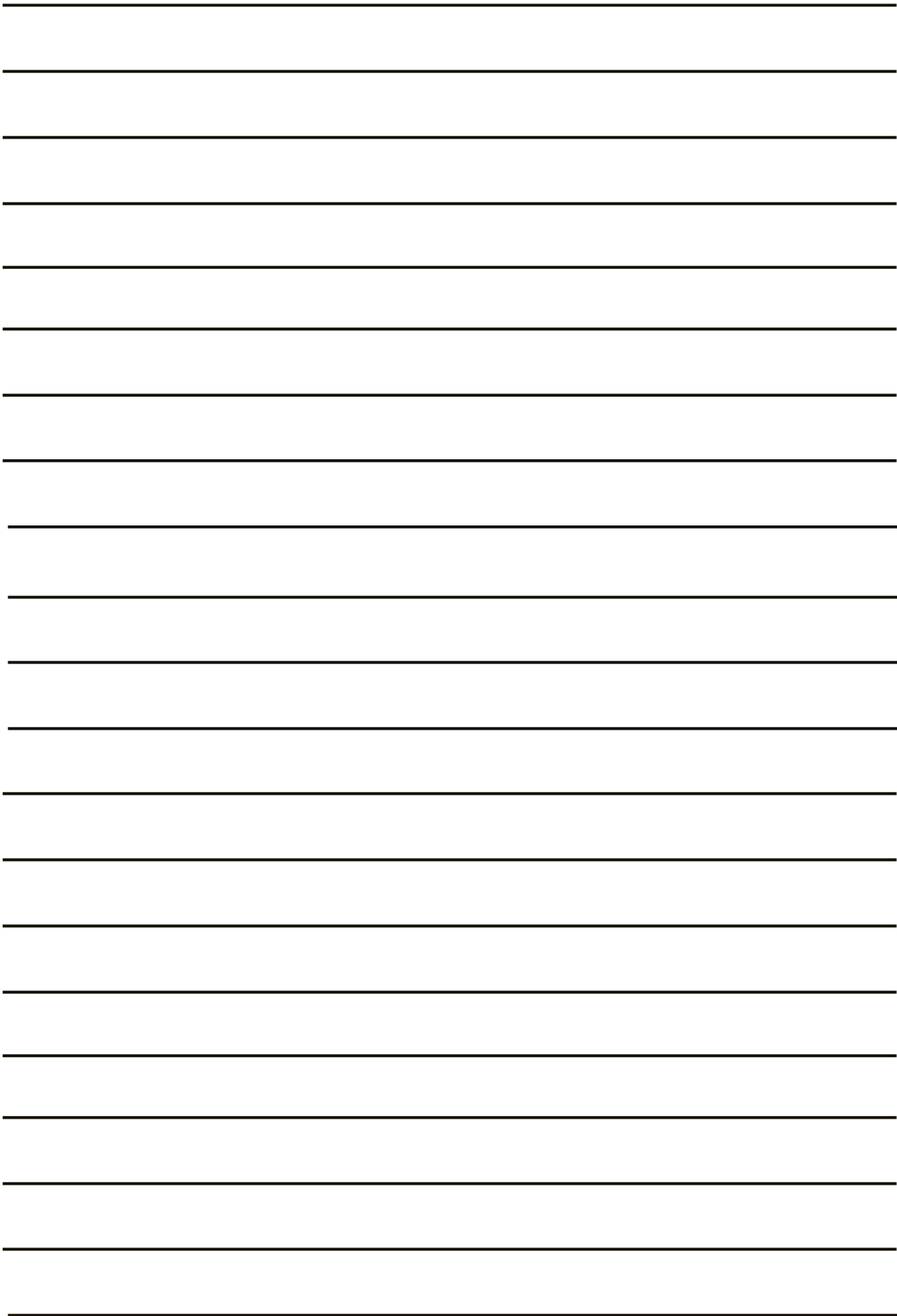


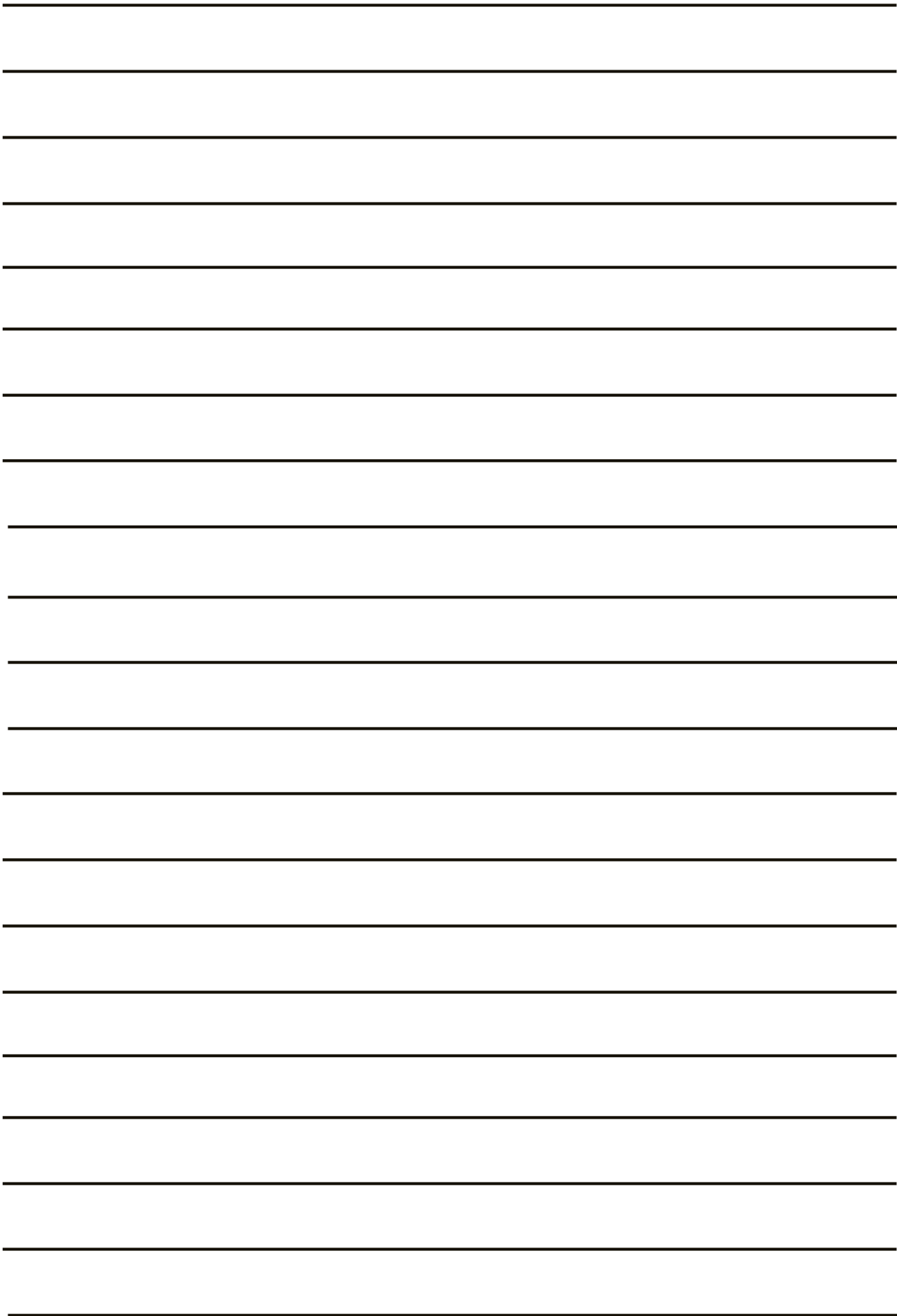


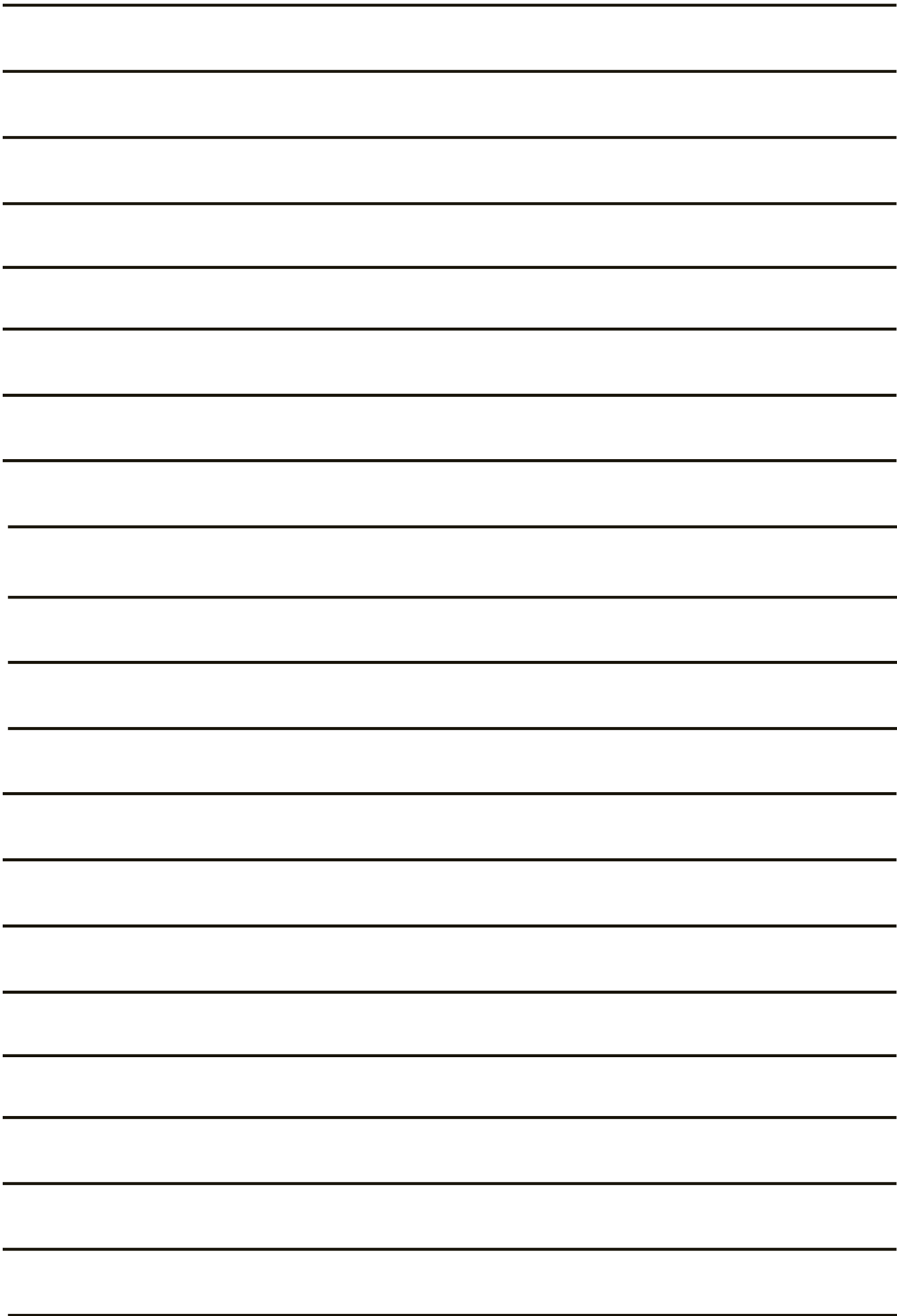


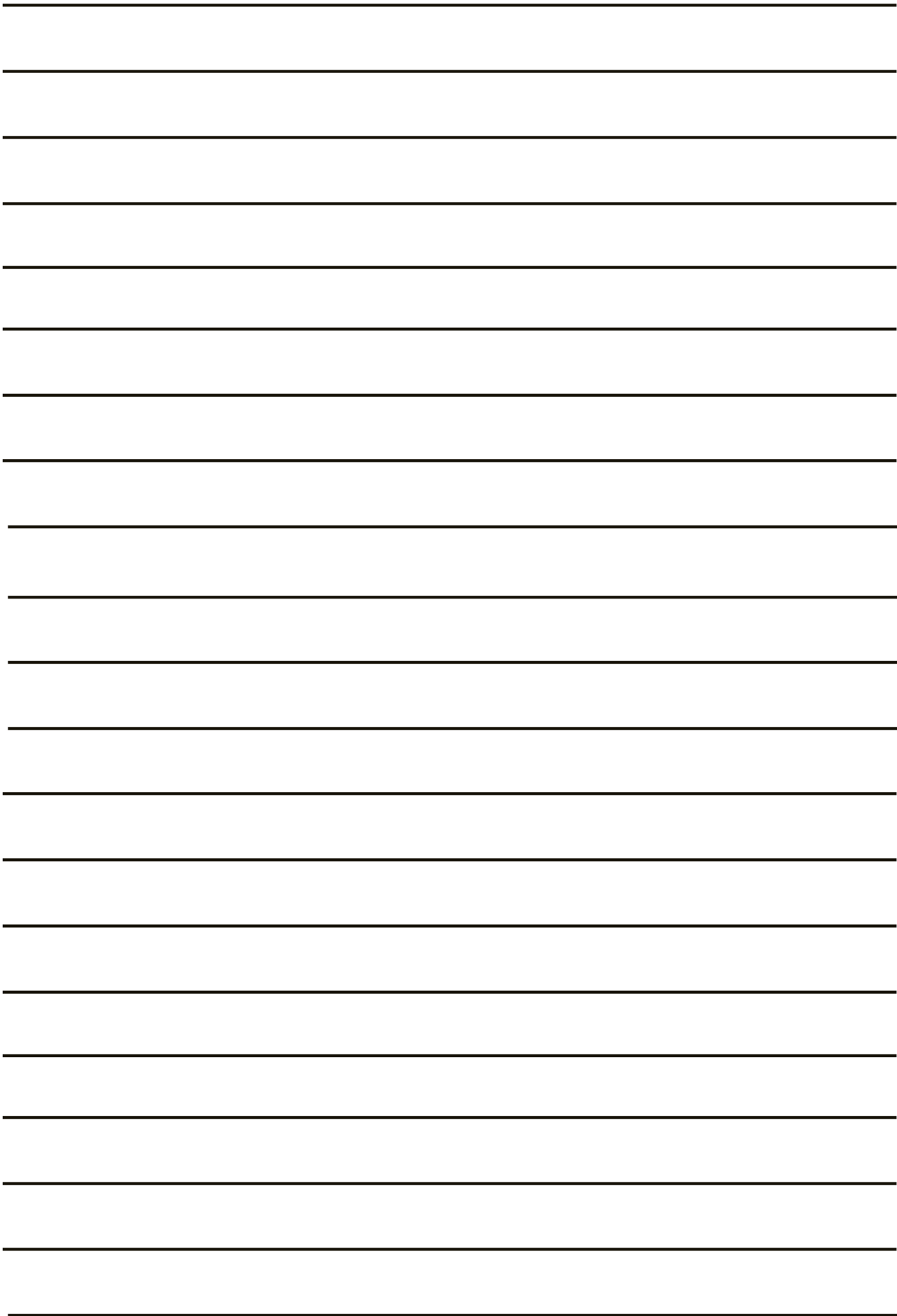


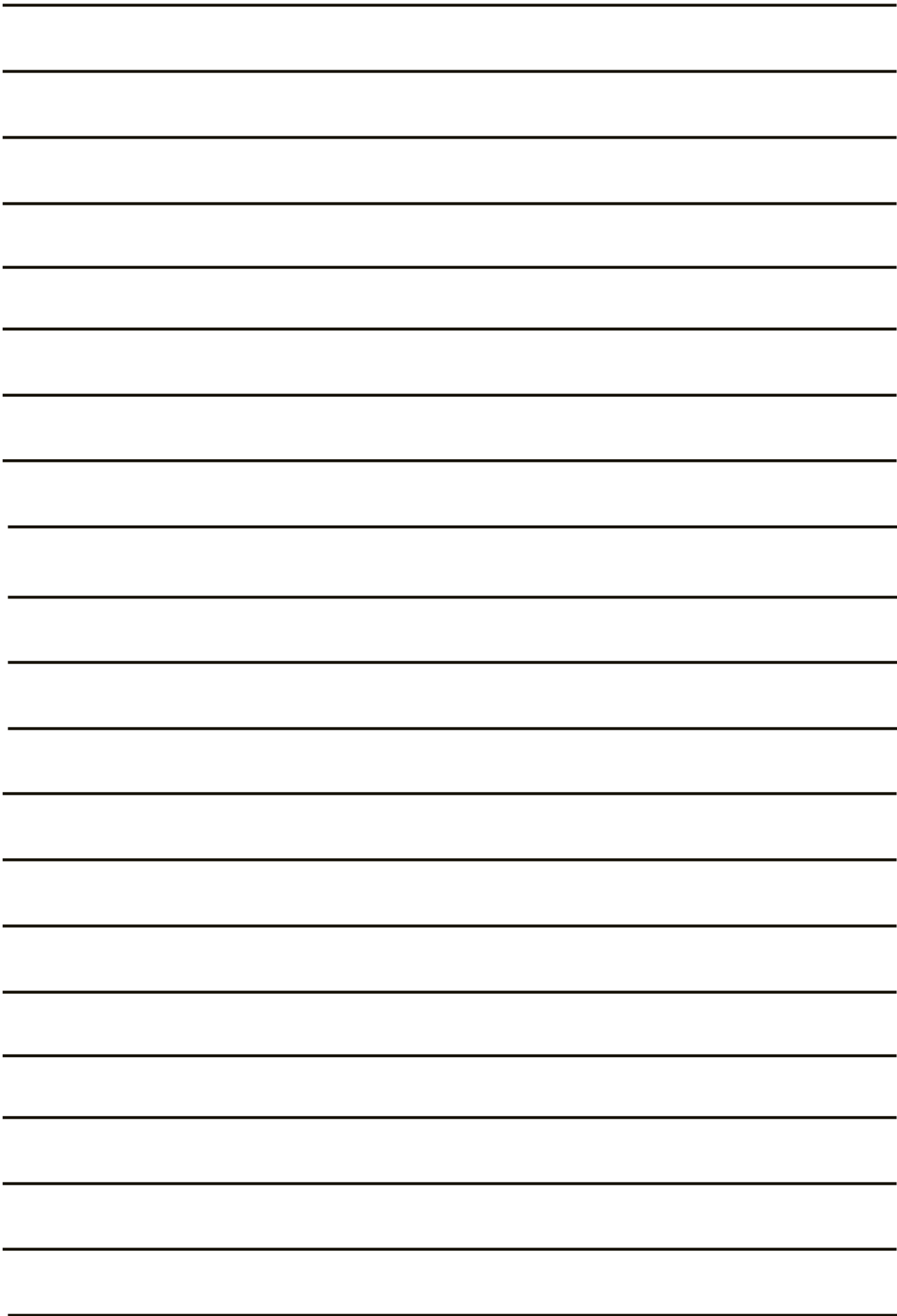


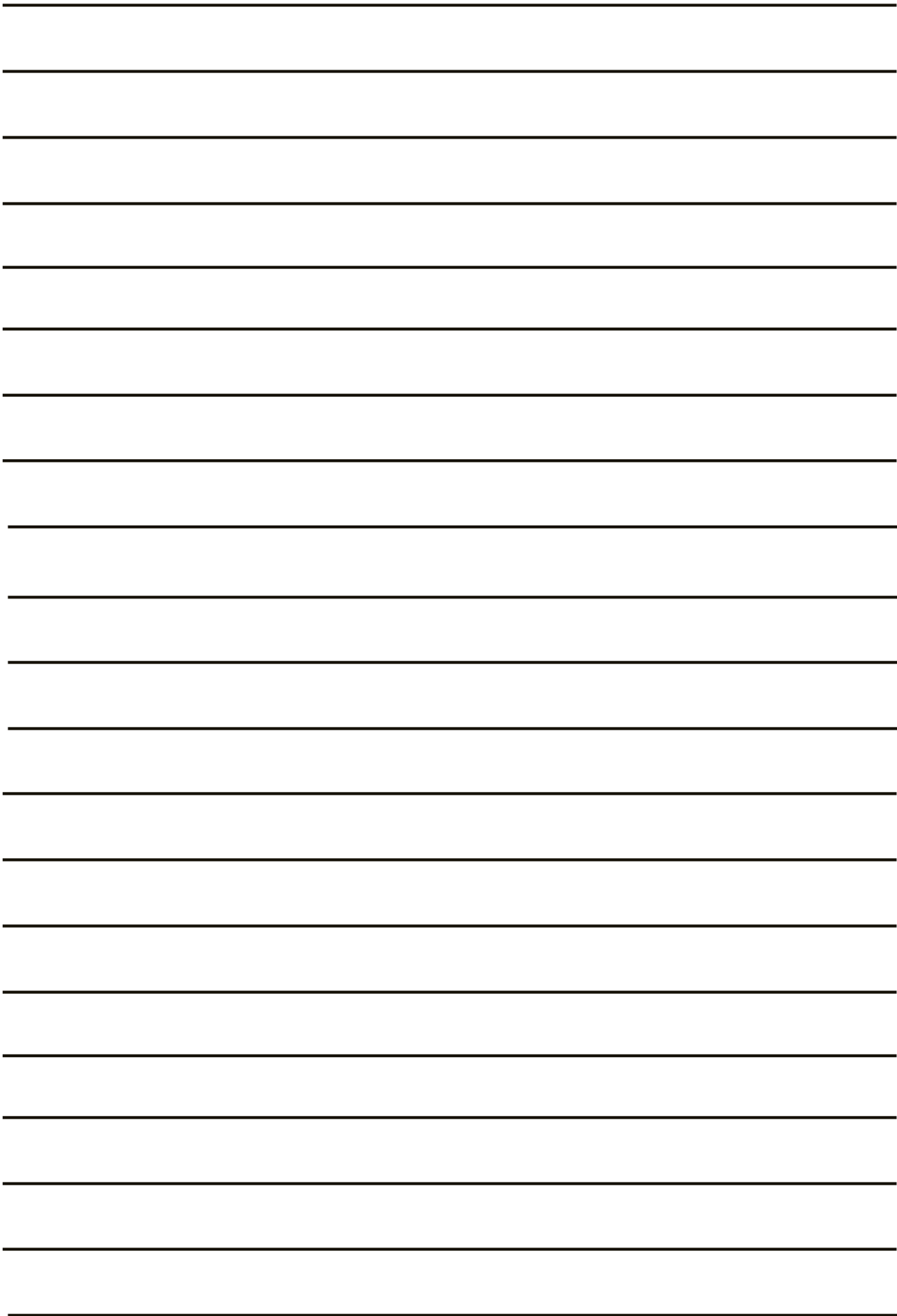


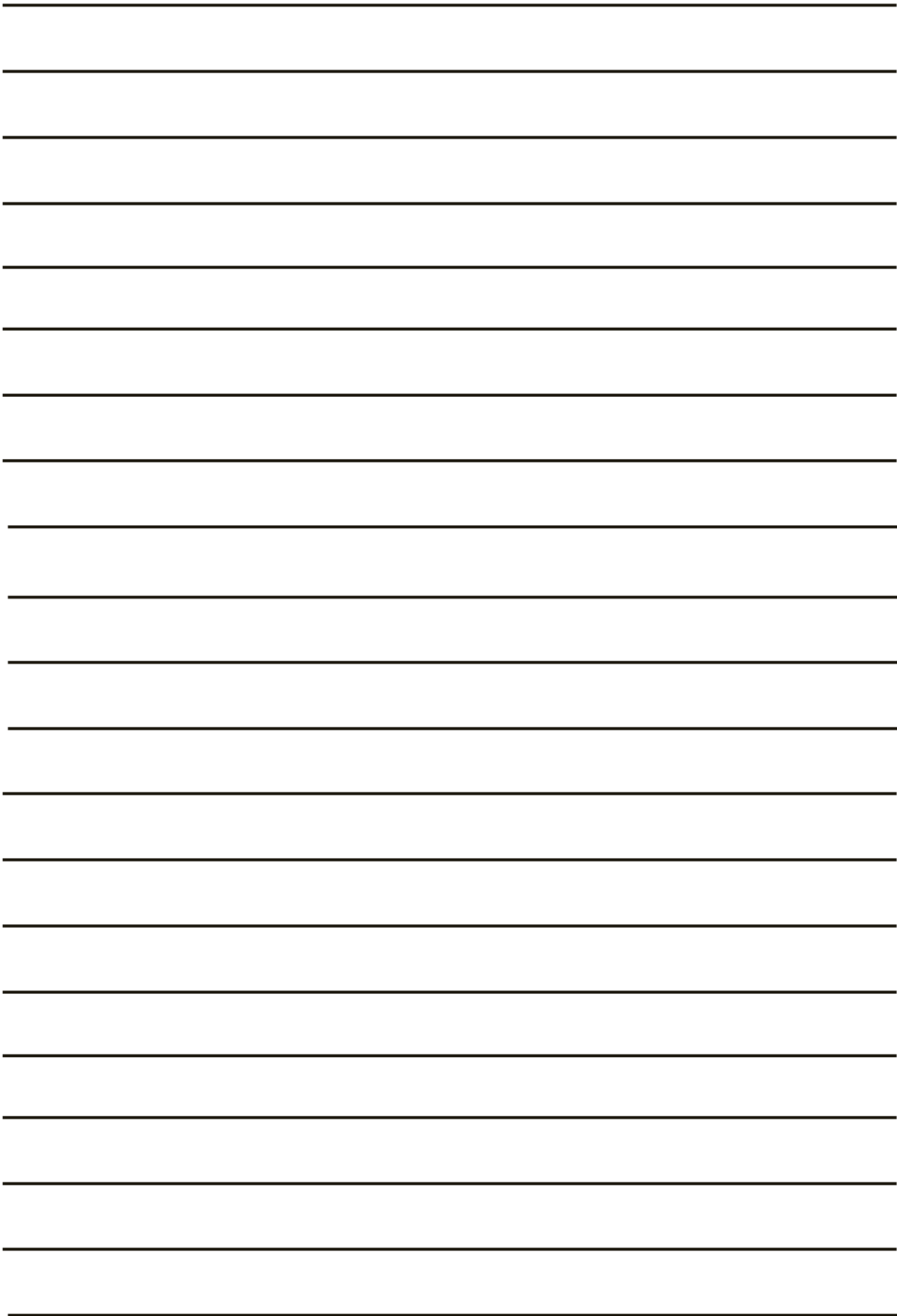


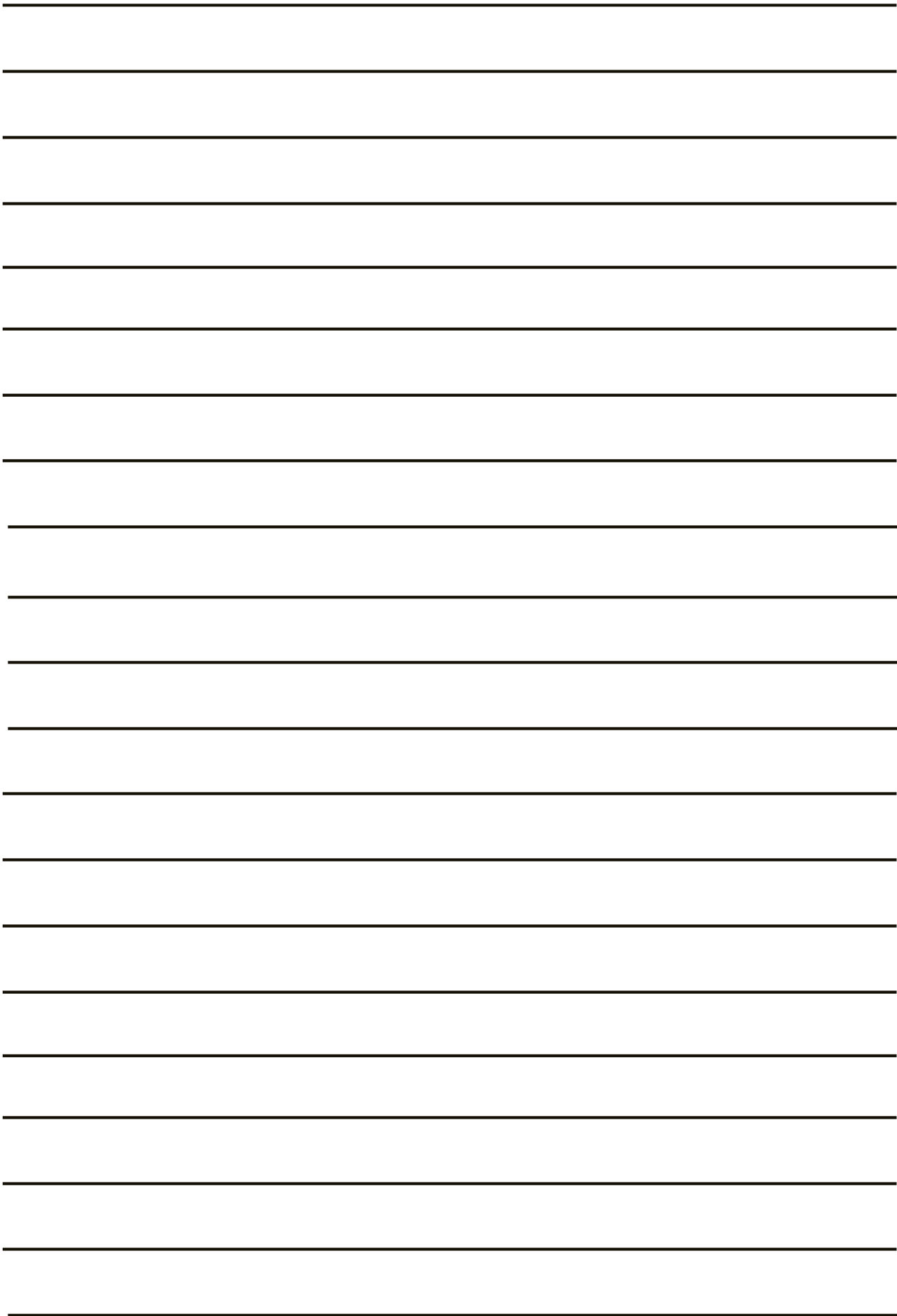


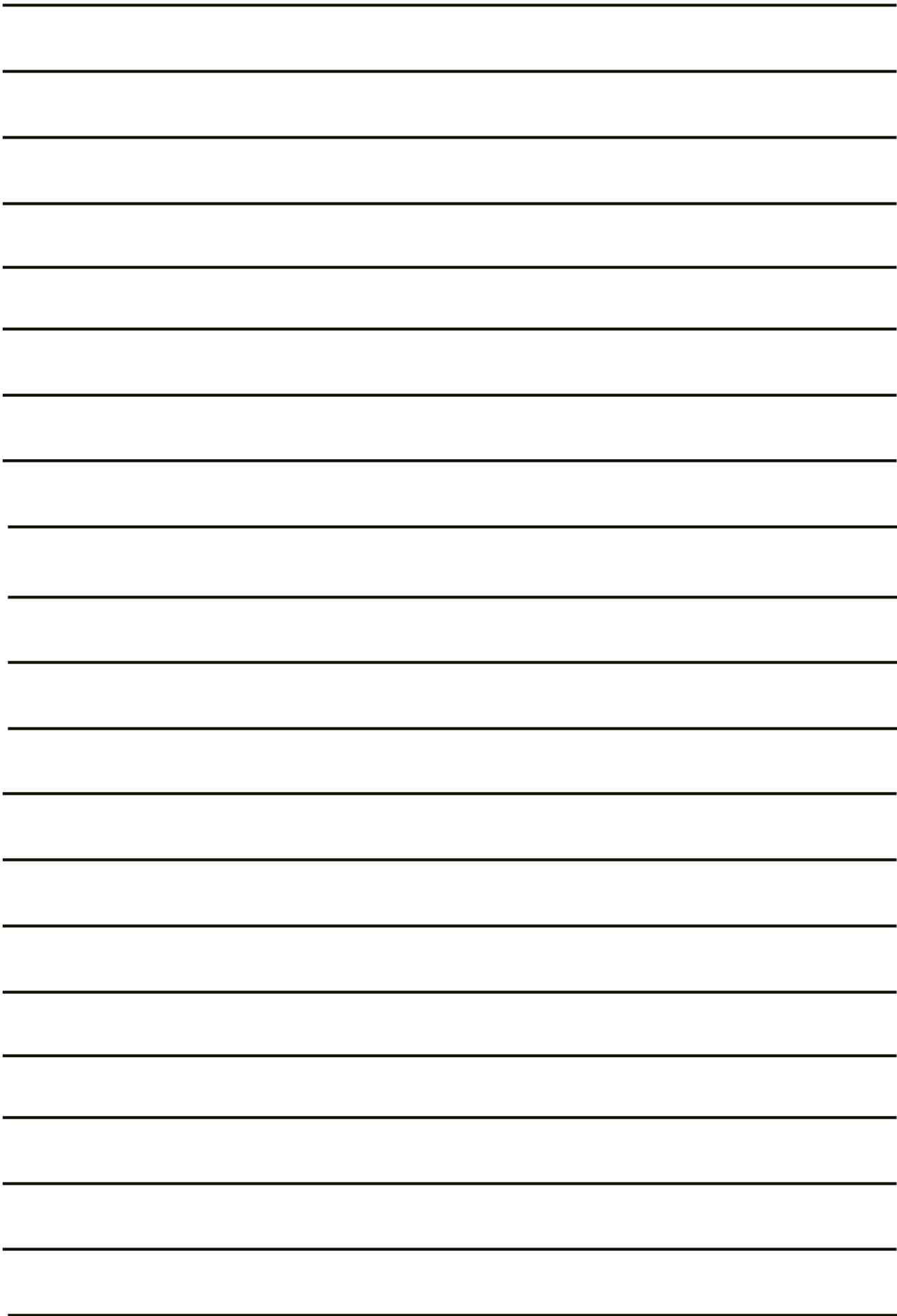








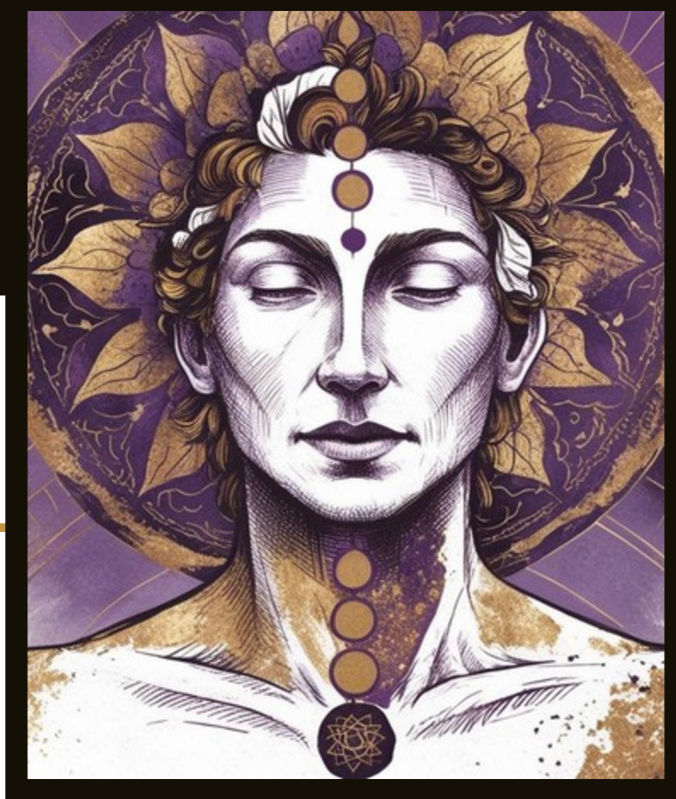




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