



## Lesson 31:

# Self-disclosure and Mirroring

Attuning through our voice

What does it mean to hold focus for a client?

What is a guiding principle for client communication, including practitioner self-disclosure?

In the lesson I speak about “being a sacred mirror to you clients.” What does that look like in practice?

What aspects of a client’s communication can be helpful to mirror back to them?

If you get stuck on which aspect of a client’s communication to mirror, what is a good trick you can use?

What are some positive impacts of mirroring?

