

# Therapeutic Shamanism

## Shamanic Practitioner Competencies

Therapeutic Shamanic Practitioners will be skilled and experienced in the following competencies.

### Shamanic competencies

Shamanistic practitioners need to...

1. be experienced and at ease journeying in all 3 shamanic realms, know which realm they are in, and know what is appropriate in each realm
2. have a strong connection with at least one Power Animal
3. have experience of working with a variety of Animals
4. have a strong and established connection with lower world Tutelage Spirit(s) (ancestral kin)
5. have a strong and established connection with upper world Tutelage Spirit(s) (spiritual lineage)
6. understand safety and protection issues when undertaking middle world journeys
7. know how to work with middle world spirits including elementals and other non-corporeal middle-world spirits, thought forms, constructs, and hostile spirits
8. know how to cleans/heal middle world objects/places (including doing terrapomping)
9. understand the difference between Body, Soul and Spirit, and the different needs of each of these three parts
10. be experienced in shamanic extraction (and de-possession) practices including...
  - understanding of different types of intrusions
  - different extraction methods
  - safety issues
  - ethics, and respect for entities
  - when to extract and when to dialogue
  - the need to not leave holes (and what to put in)
11. know how to work with the upper and lower convergence point energies including...
  - how to draw on these energies for shamanic healing (i.e. after extraction work)
  - how to journey to these points for healing
12. know the difference between soul loss and power loss
13. know how to do a power retrieval, including
  - a power animal retrieval (and be able to inform clients about maintaining contact with and working with any retrieved power animals)
  - use of power objects
  - how to draw on the convergence points as sources of power
14. be experienced in soul retrieval methods including...
  - classic soul retrieval
  - singing the soul back home
  - body-shock journeys
  - awareness that soul parts may have conditions (and facilitating any necessary negotiations)
  - how to handle soul theft
  - soul exchange
  - soul contracts
  - healing soul parts
  - 'fort-holder' (respite) journeys
  - be able to facilitate/inform clients about integrating any retrieved soul parts
15. know how to work with Plant/Tree Spirit energies for healing
16. have an established working relationship with at least some Plant/Tree Spirits
17. know how to work with Stone People energies for healing
18. have an established working relationship with at least some Stone People
19. have experience of transmutation practices such as dismemberment, burial, burning, dissolving, dissipating and pupating
20. understand what the primary elemental are, and have some understanding of how to work

with them

21. know about the Land of the Dead (and the Cave of the Lost Children), have a strong respect for it, and knowledge of it's dangers
22. have a basic knowledge of what happens at death, and how to do a basic psychopomp (this does not necessarily include ability to enter into the Land of the Dead, but does include knowing when to seek help if that is needed)
23. know how to make power objects and potions
24. understand the use of the drum and the rattle
25. know how to perform blessing
26. understand basic human energy anatomy including
  - the basics of the the energy bodies (auras)
  - the power points (chakras) and their significance and how to work with them
27. have experience in journeying down ancestral time-lines, including doing time-line healing
28. understand the principles of recapitulation, and how to work with detaching the past
29. have knowledge of the Medicine Wheel as a model
30. have an understanding of the workings of the human psyche and of psychological processes including...
  - the idea of archetypes such as the Shadow, the Anima and Animus, the Adversary, the Child, the Mother, the Father
  - sub-personalities (especially the Protector-Controller), and the concept of disowned parts
  - introjects and projections
31. know when shamanic work is appropriate, and when it is not

### **Ethical competencies**

Ethical practitioners need to...

1. seek to be guided by Spirit, not ego
2. when working with a (currently living) human, always seek to work only with actual and explicit consent and permission
3. treat all things with respect and compassion, corporeal and non-corporeal
4. respect client confidentiality
5. respect client's boundaries
6. respect their own boundaries as a practitioner
7. be aware of the practitioner-client power relationship, and always seek to empower clients
8. be extremely aware of what thought they plant in clients minds; show care and discretion in how they report journeys to clients, and what they say to clients
9. avoid any exploitation or misconduct with clients
10. be honest and truthful in public relations and advertising, and not act in a way that brings shamanism into disrepute
11. to be upfront with clients about fees
12. to be upfront and honest with clients about what to expect from sessions
13. never use shamanism for harm
14. know when they are not in the right state to work with clients
15. know when to seek supervision for ethical issues
16. offer client's a safe environment
17. practice good energy hygiene
18. only work with people when there are no inappropriate boundary issues
19. strive to practice what they preach (seek to embody to shamanic practices, principles and ethics in their own lives, including maintain regular contact with their own power animal(s) and tutelage spirits)

### **Inter-personal skills competencies**

Facilitative practitioners need to...

1. endeavour to show clients the core conditions...
  - be grounded

- be empathic
  - be congruent
  - show unconditional positive regard
  - show loving kindness
2. practice active listening, and reflecting back
  3. facilitate, rather than interpret

### **Professional competencies**

Professional practitioners need to...

1. know any legal restrictions and requirements that are applicable to their work
2. keep adequate records
3. have insurance cover if and as appropriate
4. engage in regular and continuing professional development
5. know the limits of their competence, and know when they are out of their depth, or need to seek supervision, or need to refer clients on