

Module One: Video Number 2:

Scope of the Training

Welcome to the second video of Module #1. I hope you found that first one inspiring and widened your vision of what it is you are getting into if you didn't quite realize it fully before, and what it is you'll be teaching others to bring into their lives.

In this module, we look at the scope of this training and the nature of the work that you will be certified to do.

I realize, of course, that you may have some experience in doing clinical work with clients in a variety of other modalities. Even so, very few among you will have had experience doing Radical Forgiveness work with clients. So even though we have created this course primarily to cater to those who have no clinical experience, you are just as likely to find the kind of coaching we're training you to do to be as counterintuitive and challenging to one's normal way of thinking as those who are brand new to the work. Perhaps even more so, because you may have to unlearn a lot of what you previously been trained to do. Even a Certified Life Coach would find it strange initially.

Not only will it feel counterintuitive and challenging to you at first, but it almost certainly will seem that way to your clients as well. Now, let me explain why this is likely to be the case. Now, Radical Forgiveness as a process does not use the normal 'medical model' that most other practitioners use, no matter whether they are doctors, psychotherapists, aromatherapists, chiropractors, etc., even though this is precisely what their clients expect. The questions in the minds of both practitioner and client are almost universally as follows:

- 1. What's wrong with you?**
- 2. How did you get this way?**
- 3. How can we fix you?**

That's pretty much how everyone proceeds — asking themselves those three questions and looking for answers. It's very different with Radical Forgiveness. When we work with clients and introduce Radical Forgiveness into the process, the three questions we have in our minds are:

- 1. What is perfect about what is occurring for this person?**
- 2. How is the perfection revealing itself?**
- 3. How can I get the client to see the perfection in the situation?**

Of course, in the beginning, the client will come very much attached to the medical model, wanting you to solve their problem for them. They don't realize at first that by operating with the Radical Forgiveness approach that their problems will be not so much solved but dis-solved. That the process of Radical Forgiveness will take care of their problem automatically because it works in a very different way to what they're used to expecting. By doing the work using the tools that you give them,

they will discover this to be the case and will assume that you did something to solve their problem. The truth is they did it themselves.

Ok, that said, we also need to recognize that in coaching someone in Radical Forgiveness is, by its very nature, the kind of work that is likely to touch energy connected to some deep wounds. That means the likelihood of it causing some emotional abreaction is quite strong.

Now, bearing in mind we are making this course available to people who may be without professional training and without experience in helping people deal with their emotions, who may also be new to the Radical Living concept, we have to impose some strict limitations on what a graduate from this one course alone may, or may not do. There's plenty of room for you to make a big difference in people's lives even with the following limitations. So, please don't imagine that these will limit your ability to do brilliant work. So, let's look first at the parameters we need to apply to Radical Forgiveness coaching.

The first thing to understand is that you are NOT being certified to do emotional processing or to conduct any kind of therapy. You cannot claim to be a therapist or that you are doing therapy. If ever you were challenged and accused as such, the only thing you can say in a pinch is that you are offering therapy for the soul. Even then you might want to cover yourself by becoming a minister. It's not difficult. For a small fee, you can get a license over the internet. It's not a legal defense, but lots of people believe it is. Anyway, so long as you don't say you're a therapist, you'll be fine.

Anyway, the truth is that your role as a coach is simply to educate the person as to how to use the tools associated with the two named strategies in the manner of SELF-HELP. This will be done in a kindly, empathetic, and compassionate way, of course, having first listened to the person's story and brought them to a place where they can begin to hear that there might be an alternate way of dealing with it. There might be tears, naturally, but you must resist the temptation to take them deeper into their feelings. Rather you gently bring them back to how they can shift the emotional energy by using the worksheets or the 13-Steps audio process.

Now, let's look at what is possible as far as you teaching Radical Forgiveness to groups. Now, this course does not train you to do full-scale workshops. In fact, it does little in the way of preparing you in the art of public speaking. We do, however, see you conducting evening talks or seminars at churches or at venues like bookstores, health centers, or other venues on the basis of your own personal abilities to do so.

Now, should you have a desire to teach a full workshop event, then you will need to take Part 2, to become an Radical Living Master Coach. Part 2 also includes how to teach a 10-week class in Radical Forgiveness which others have found to be extremely helpful in developing some loyal clients. Anyway, as far as this course is concerned, when teaching this material, the content should be **cognitive** in nature and the teaching style **didactic**. That means that the class shall contain no experiential work of a kind that would have the intent, or even the propensity, to drive people into

emotional processes. The teaching style must be such that the student/teacher exchange is kept, at least as far as possible, at the mental and cognitive level.

This is not to say that you should avoid teaching people how to fill in a worksheet, employ the 'Emergen-See' 4-Step Process, or even take the class through the 13--Step process. However, your approach to it should remain largely cognitive. If it is an ongoing class or webinar series, rather than do the exercises during contact time, it may be best to have the students do worksheets and other tools as homework. The books *Getting to Heaven on a Harley*, *Expanding into Love*, and *25 Practical Uses for Radical Forgiveness* are less likely to evoke emotions and yet are likely to create lively discussion.

Speaking of which, we have found that the most valuable way to stimulate discussion and get clients is to run book study groups. We have found there is no better way to learn the material than to do this. Even students who in the past resisted doing them ended up saying it was the best thing they ever did in the whole course. For this reason, we are making doing a 6-week book study group a requirement for certification in this course.

Anyway, here's what you do if feelings do arise in a group setting like in a seminar or even a book study group. Should anyone begin to have emotional reactions to the work, one would certainly need to acknowledge that feelings are coming up and to allow a few minutes to go by, especially if there are tears — to validate them, and to lovingly support the person while resisting the temptation to take him or her into process by asking what was coming up and what were they feeling.

Don't let anyone in the group try to fix them or take them into process. Nor offer any advice or comforting words or actions. Be very firm on this point. You might suggest that the person stay behind afterward for a chat. You would then decide whether it might be best to suggest that they have a private session with a certified Radical Forgiveness Therapy Practitioner. Anyone with that designation is someone we have trained who is also a licensed mental health practitioner.

Now, what about someone who has a strong emotional reaction during a coaching session?

As I have said, this training program does not provide you with the skills and/or the knowledge necessary to enter into deep emotional processing with clients; and your certification will not authorize you to work at that level. Nevertheless, feelings will arise during the coaching process, and some clients will become emotional. So, what do you do?

You, as a Radical Forgiveness Coach would offer a listening ear and quiet support for the client but without making any effort to take a client deeper into their feelings in any manner which could necessitate emotional processing going beyond the scope of the tools the Radical Forgiveness Coach is trained to use. You don't stop the person feeling their feelings because, as we shall see later, we feel that to be a very important part of the healing process.

But, you don't push them into more feelings that they are expressing in that moment. You just quietly wait and hold the space for them to have the feeling and to talk about them if they want to, all the while remembering to breathe.

If after completing this course it should be your wish to gain additional skills and knowledge which would enable you to work at a deeper level, again, you might consider going on to do Part 2 and becoming a Radical Living Master Coach.

That's not to say you would then be qualified to do the same kind of work as a licensed professional mental health practitioner would do, but you would have more sophisticated tools to use in circumstances like that, and more specific training in the Live training in how to handle emotions.

Alright, let me just say a few words about presentation skills. Obviously, the training given here is not a course in speaking skills. Our role is to familiarize you with the material and suggest ways in which you might present it in various situations yourself, depending on how comfortable you are speaking to groups.

However, if this is a concern and you're not confident about your ability with regard to public speaking, there is a very good remedy available. The answer is to join a Toastmasters group. There's usually one in every community, and we would recommend that you join as soon as you finish the training. Toastmasters offers a very inexpensive way to get expert coaching, especially if you attach yourself to one of the good speakers there who is willing to mentor you. There are other programs you can take that will teach you how to present, but they tend to be much more expensive.

All that said, it's most likely that you will start out at least, doing one-on-one coaching or working with small groups rather than public speaking. Such coaching can, of course, be done live or online via Skype or Zoom.

Now, having got all that clarified and out of the way, let's go to the third video in Module #1, which is to probe the question, "What is Radical Living?"