

# **Mini-Course: PERSONAL POWER**

**CE Hours: 1.5**

**Reading:  
Pp. 77-88,  
242-247**

**Learning Goals:**

1. To increase your self-awareness about your beliefs and history in relationship to power issues.
2. To learn more about how you use your power, and the impact of your power on others.
3. To name and cultivate attitudes that are empowering for clients.

### **Self-Study Practices:**

Complete Self-Study 1—Walking the Map—on pages 85-86.

Complete Self-Study 2—Reflecting on Your History—on pages 86-87.

### **Assessment Questions:**

1. Where did you place yourself on the Power Parameters Continuum on page 87? What is one tendency you would like to shift a bit and how?
2. Give an example of a misuse of power at one of the extremes on the Power Parameters chart.
3. What is the Golden Thread and/or the overcompensation that you carry forward from your memory in Self-Study 2?

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### **Feedback**

1. Please rate in terms of value: 1 (lowest) ..... 5 (highest)  
professional \_\_\_\_\_  
personal \_\_\_\_\_  
reading \_\_\_\_\_  
self-study \_\_\_\_\_  
questions \_\_\_\_\_
2. Please rate from 1 (lowest).....5 (highest)  
What was the degree of ease, if needed, in communicating with me \_\_\_\_\_

What is the quality of reading materials (ie professional in appearance, accurate information, free of typos)\_\_\_\_\_

Was there adequate support for the content questions\_\_\_\_\_

Were the unit objectives supported by the home study materials \_\_\_\_\_

Were assignments carried out in a private and secure manner \_\_\_\_\_

Did the content lend itself to a home study format \_\_\_\_\_

3. How many hours/minutes did the following pieces take you?

reading \_\_\_\_\_

self-study \_\_\_\_\_

questions \_\_\_\_\_

4. Anything else you'd like to say?

5. Your Helping Profession \_\_\_\_\_

6. Organization Requiring CEUs \_\_\_\_\_

***Continuing Education***

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