

## ***Introductory Mini-Course: POWER AND HEART***

***CE Hours: 2***

***Reading:***

***Pp. 1-21;  
73-76; 135-138;  
180-194***

### ***Learning Goals:***

1. To describe how personal and professional power can be linked with heart.
2. To define power and name 4 core right uses of power and influence.
3. To name the foundational values in the ethical use of power and influence.
4. To understand and name the 4 dimensions of the Power Spiral.

### ***Self-Study Practice:***

**Self-Study 1.** This first practice is an introduction to the experiential aspect of this course. It invites you to slow down; turn your awareness toward your present felt experience in mind, body, and emotion; and to be curious, receptive, and non-judgmental about yourself and the nature of your responses. Mindful self-study practices are included as an important part of the learning in each of the topics in this home-study course. I encourage you to do self-study with a partner or group, or audio-tape yourself saying the self-study instructions and then playing it back so that you won't have to read and notice your experience at the same time.

Sit comfortably, close your eyes, be curious, and imagine hearing the word "ethics". Notice whatever thoughts, feelings, body sensations, images, memories come to you. Take your time to gather this information from this spectrum of information channels. Let go of your first responses and notice your second responses. You may find your responses surprising or not surprising, clustered around one end of the positive—negative continuum, or covering the whole range. Jot down your responses in a list in any category you received information from.

Repeat the process described above by imagining hearing the word "power".

Thoughts      Feelings      Body information      Images      Memories      Beliefs

### **Self-Study 2. Sitting in Your Power Circle**

You will be using here the descriptions of the four dimensions of the Right Use of Power summarized on pages 10-11. If you wish to engage symbolically, find four small stones or ordinary objects (which will be used to represent the four aspects of the right use of power) and sit comfortably. Relax and reflect on the question: "What is your relationship with your power? Imagine yourself sitting in the center of your power circle—a circle that circumscribes the sphere of your influence. I will be guiding you through a process in which you will place your attention and/or objects around you.

Turn to the East. The East is about being INFORMED in the use of your power. Place one of your objects on the East side of you. Here you gather the information you need to guide your actions. Notice how you gather information and how you seek and use this guidance. Also notice any habits, such as confusion or shutting down, that interfere with your ability to access guidance.

Now turn to the South and place your second stone or object here. The South represents being COMPASSIONATE and conscious in your use of personal and professional power. Here you study your past experience and beliefs around power and learn how your use of power affects others. Again, please notice ways you may stop yourself from feeling and responding to your impact.

Turning West, place a third object here to represent staying CONNECTED in the use of power. How do you use power to stay connected with your clients when difficulties arise? Notice any feelings such as fear or pride that keep you from being fully accountable.

The North embodies being SKILLFUL in the use of your power. Place your fourth object here. Are there are ways you get more attached to being right than being skillful? Remember a time when you used your power skillfully. What was your experience in this process? Acknowledge yourself.

This self-study process of sitting in the center of the spiral can be used to discover “ethical edges” and to access the dimension(s) that may be needed in situations of concern, i.e. more guidance and information, more awareness and compassion, more connectedness and accountability, more skill and wisdom.

### ***Assessment Questions:***

1. What did you discover from the self-study practices about your relationship with ethics and with power? Anything new or surprising? (Of course, since this is a description of your personal experience, there are no right and wrong responses.)
2. How can ethics and the right use of power be linked. What does the study of power and influence and of bringing heart, wisdom, and skill to power add to the field of ethics?
3. Describe, in your own words, your understanding of each of the four aspects of right use of power used in this course.
4. List 4 of the foundational values of the ethical use of power and influence that most appeal to you.

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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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