



Flower Essence Society

Practitioner Certification Program

Clinical Case Study Option



Shasta Daisy

Wisdom does not inspect, but behold. We must look a long time before we can see...The question is not what you look at but how you look and whether you understand.

Thoreau

FES Practitioner Certification Requirements: Clinical Case Study Option

The over-riding goal of the **FES Case Certification Program** is to stimulate thoughtful, perceptive skills that will add depth and professionalism to your healing work as a flower essence therapist. Fulfilling the case study requirement gives you an opportunity to study and consider the role of various flower essences through the objective feedback and results you will document for each client. You will not have time in your regular practice to work with every case in full depth; but by giving careful attention to at least three model case studies, you will build a lasting foundation for your flower essence practice.

Please note that we offer an **Independent Studies Option for Social Service** as part of the FES Practitioner Certification. Full details are available here:

<http://www.flowersociety.org/independent-study-option.pdf>

Overview of Requirements for Practitioner Certification: Clinical Case Study Option

1. Participation in the FES Professional Course, as defined by FES or FES-authorized teachers. This program is also open to students of previous Professional Classes who contact FES or the FES-authorized from whom they took the class.
2. Three acceptable case studies and related materials reflecting the specific guidelines as outlined below. .
3. [Release forms](#) signed by the clients for each of the cases submitted for certification.
4. Completion of the Plant Study before or with the submission of the case studies.
5. Flower Essence Archetypal Character Study – a paper discussing a public personality, artistic or literary character, and how archetypal qualities of that individual can also be reflected in a particular flower essence.
6. A reading and matriculation fee as defined by FES or the FES-authorized teacher.
7. Submission of the [FES Certification Check-Off Sheet](#)

The Flower Essence Society Research Program

A vital component of your training to be a flower essence therapist involves maintaining accurate case records. This research serves a dual function: it sharpens your own skill as a practitioner, especially the ability to manage and direct the therapeutic goals of your client's healing program. As well, case records benefit the larger public by contributing to the pool of clinical information upon which the knowledgeable use of the essences can be based.

The case studies developed for **FES Certification** are part of a larger, multifaceted research program coordinated by the **Flower Essence Society**. Thousands of case reports from around the world are collected and organized in our data base. These reports are cross-referenced and listed in relevant therapeutic categories. Additional clinical research information is gathered through in-depth interviews with key practitioners and periodic surveys among specialized groups of practitioners. Based upon this foundational case knowledge, **FES** continues to develop a variety of focused research programs, employing appropriate scientific protocols.

We welcome your case research, not only in conjunction with this certification program, but also on an on-going basis. Please feel free to send in written cases, as well as general notes and impressions. You may also call our office to arrange for an interview. Your contributions are vital in helping to document flower essence therapy. Only by working on a collective basis which extends beyond each individual practice, can we hope to offer the world a form of therapy that can be understood and applied wisely.

Detailed Requirements for the FES Certification Program Clinical Case Study Option

Deadline: Deadlines for submission of certification materials will be established by FES or the FES-authorized teacher. An extension can be granted, if requested in writing, along with an agreement to a new deadline.

Number of cases and sessions: At least three in-depth case studies are required for certification. Each case will involve a minimum of five sessions, and require a minimum of three months duration for each case in order to anchor the changes observed in the client. These cases cannot include yourself (although you are most welcome to report your personal cases for our research files).

Clients: To be accepted, cases with family members or close friends must be done in a completely professional manner, with full interviews, objective evaluations, and precise documentation.

Establishing a pool of clients for your certification: It is important to select more than three clients at the outset of your work – we suggest at least six candidates. It is likely that one or more of your clients will drop out, or will not follow the program sufficiently for case documentation. As you reach the conclusion of the program and are ready to write your formal papers, you can then choose those three candidates that are most ideal for documentation.

Clients Who Are Unable to Complete Their Own Reports: You are most welcome to work with children, disabled persons or others who may not be able to participate in the typical feedback or evaluation process. You will still need to gather all pertinent information as outlined in this document. In these cases you can conduct the client intake and client evaluations interviews orally and record the client's answers. You can also tape oral responses, take pictures and use other methods of information gathering. In order to capture more subtle forms of soul response that the client may not be able to verbally articulate or capture in handwriting, you can use guided meditation, or various art processes in the actual sessions. The essential details of these experiences, or their visual representations can then be summarized by you as part of your over-all documentation.

Animal cases are welcomed for one or more of your three cases. There are different procedures and documentation appropriate for these cases. Detailed guidelines for animal cases are available here:

<http://www.flowersociety.org/animal-case-studies.pdf>.

Essences for use in FES case certification: The **FES Certification Program** is primarily oriented toward the essences researched by Dr. Bach and by FES. While we recognize many other important ranges of remedies, we are not professionally qualified to evaluate their clinical properties. Therefore, we request that the model case studies submitted to **FES** for your certification demonstrate your knowledge, mastery and skill in selecting and using Bach and FES flower essences.

Other vibrational substances: Case studies submitted for certification with FES are devoted to *flower essence therapy*, based on the vision and principles of its founder, Dr. Edward Bach. Other kinds of vibrational remedies — such as homeopathic remedies,

gem elixirs, environmental remedies, animal remedies, ray cards, etc. — may also have therapeutic value. However, flower essence therapy has its own specific characteristics and principles, not necessarily identical with other vibrational substances. The FES certification is intended to acknowledge the practitioner's mastery in flower essence therapy. In order to insure clarity of the case process in flower essence therapy, other vibrational substances should not be used for the three model cases.

Other healing modalities: FES certification studies may include the implementation of other healing modalities such as acupuncture, nutritional therapy, chiropractic, bodywork, counseling, and so forth, according to the skills and training of each practitioner. However, the role of these modalities must be clearly distinguished in the case work, with the aim of clarifying the specific role of flower essence therapy.

Case certification focus: Please note that **FES** does not impose any restrictions on the kind of remedies, the brand name of remedies, or the spectrum of therapies that an FES-certified practitioner may use in his or her practice. It is only for the **FES Certification Program** that we require cases to have this specific focus.

Number of essences to use in client sessions: Please keep your remedy selections basic and uncomplicated for your model case studies. This will enable you to perceive and evaluate much more accurately the role and effect of the remedies. It is important to have at least a rudimentary understanding of each essence used in your client's formula, so that you are able to observe and comment upon its impact in the therapeutic process. Generally speaking, up to five remedies in the client's formula is a good standard, although not an arbitrary rule. The essences you have selected for your clients formulas should have a **relationship** with each other so that they form a cohesive whole. You will be asked in your research paper to explain your flower essence selections and the structure of the formula as a whole. Also, don't hesitate to use one single essence; this will increase your understanding of a particular remedy and is often a very dramatic and effective way of working with a client.

Criteria for evaluating the case studies: The cases you submit for certification are primarily evaluated based upon your ability to establish and achieve realistic healing goals with your client, with clear documentation regarding how the flower essences have contributed to this healing program. Your cases should demonstrate understanding for underlying soul phenomena and developmental progress beyond the initial stage of symptom relief. We recognize that despite your best efforts, some clients may not continue, or may not have clear developmental outcomes. This is why we suggest keeping notes on more than three potential certification cases from the outset of your work.

Client documentation: To be accepted for the certification program, your cases must include documentation directly from the client, as well as your own observations and conclusions. In addition to perceptive attention in the interview, selection, and follow-up sessions, you are required to include documentation of soul work (such as journaling or artwork) by the client. These strategies are summarized in the **FES** written material on the **MetaFlora** levels of soul development. Please refer to this material for guidelines in developing your cases. It is not expected that you will implement all of the suggestions in the **MetaFlora** program – it is provided only to give you an idea of the kind of soul developmental work you can engage with your client.

The intention behind client documentation is that you have a way of directly encountering and assessing how the client is actually experiencing flower essence healing. It is important that you guide, review and shape the client's work so that it becomes a vital part of the therapeutic process, rather than simply requesting that it be handed in at the conclusion of the case. You need to show how the client's ongoing feedback and reflections about the casework with you, have informed and guided your therapeutic strategies and goals.

Please be aware that some clients will not have the necessary skills or motivation to write a daily journal, track their dreams, or do other soul work outside the standard healing session. You will need to be prepared to coach and encourage such clients. You may also need to incorporate some soul discovery work in the actual sessions with your client, so that s/he learns how to listen to and access their own "voice" in the healing process.

If you find that despite your best efforts, a particular client is not able to provide or articulate their soul experience adequately, you will need to eliminate that client from your case presentations for **FES certification**, as this is an essential part of the certification process. In evaluating the cases you present, we are looking not only for your understanding of the case, but also for the client's independent experience and this is only possible if you have provided sufficient documentation of this process.

Further steps and considerations in obtaining documentation: At times, there may be clients who are unable, for one reason or other, to completely engage with the evaluation form. However, this information is essential for the certification process.

What we recommend, when the client is unable to independently process the information, is that you take time to guide the questions in an interview and discussion format. Then, you can fill in the remaining part of the evaluation form based upon this intake. You should note that you have done this, and attach a separate piece of paper with commentary as needed.

In fact, it often happens that when you do this, you will discover certain emotional issues, or blockages that need attention. So, this intervention often becomes more than just an external fulfillment of the certification process, but also another way "in" to the client's beliefs and soul orientation.

Editing and summarizing your case work: While it is important to include sufficient documentation, you are also responsible for editing and summarizing the salient aspects of the case material. This includes providing a professional abstract of the case as well as shaping dream material, journal entries or other artwork. It is important to give a clear and concise picture of each case, with key highlights of the client's soul transformation. These "shaping" skills help to shed light on the essential nature of the case, and cultivate your ability not only for healing, but also teaching and writing about your case research.

Anonymity of case information: Personal information regarding the cases you present will be held strictly confidential, unless other permission is specifically granted. Please block out the client's name and address when making your copies for certification. In your

supplemental paper (form to be submitted online), refer to the client by his/her initials, first name only, or fictitious name.

Release forms: Each of the clients whose cases are presented for certification must sign a release form. Several levels of anonymity are possible, as shown on the form. Please have the client check off the boxes which are preferred, and sign the form. This is the only area where it will be necessary to record the client's true name, in order for us to verify the authenticity of the case. Please inform the client that it is perfectly acceptable to deny release of the case study for publication, or to stipulate the conditions of publication. Make it clear to your clients that participation in the certification program does require that their cases be publicly shared. Each client chooses their level of anonymity and whether their cases are shared with the public through our educational programs and publications. However, the cases themselves should not be edited or changed in any way when submitted to FES or an FES-authorized teacher. In order to be considered valid for certification, we must have the full facts of the case. Again, it is important to emphasize that if a client does not choose or trust this process of documentation and disclosure despite the safeguards we have outlined above, that must be respected. However it does mean that such a case would not be eligible for certification, so it is important that you clear this before selecting the client for case documentation.

Sample case studies: The following are samples of certification case studies that can be found online.

Please note: these cases have been edited and adapted for posting on the *Flower Essence Society* website. Therefore, all the technical details of the case compilation are not presented, just an overview of the major contents of the cases.

<http://www.flowersociety.org/de-early-l.htm>

<http://www.flowersociety.org/de-early-edwin.htm>

<http://www.flowersociety.org/de-early-pablo.htm>

<http://www.flowersociety.org/oda-case-study.htm>

<http://www.flowersociety.org/sato-case-m.htm>

<http://www.flowersociety.org/sato-case-d.htm>

<http://www.flowersociety.org/kawakami-case.htm>

<http://www.flowersociety.org/kobayashi-case.htm>

<http://www.flowersociety.org/shimamura-case-study.htm>

See also this exemplary [FES Certification case study](#)

Check List of Materials for Each Case Study

1. **Client Intake Form** – [This intake form](#) (or an equivalent form) should be filled out by the client in order to give the most objective documentation of how the *client* interprets his or her own situation. When it is not possible for the client to provide direct documentation, please record the client's information through interview, or through objective observation when working with animals, very young children, or people with particular disabilities. In these circumstances, please accurately register the client's answers using his or her own words and phrases, rather than your own words, feelings or opinions. Always feel free to attach any additional background information not included on the standard form.

2. **Case Evaluation Forms** – You must provide documentation of each follow-up session using the [Case Evaluation forms](#) (or an equivalent form). Each documented case for certification requires that you consult with your client a minimum of five times (initial interview plus four follow-up sessions), for a minimum duration of three months time. However, please be aware that a good, professional case study demonstrating depth and developmental goals may go beyond this minimum standard. Your cases will be evaluated according to the developmental process. Five sessions are stipulated only to provide a minimum standard for documenting this transformative process.

A full cycle of flower essence use is usually about one month, though many practitioners prefer to see clients every two weeks to track the intervals of development. The timelines for your work will depend upon your own individual approach as a practitioner, and the needs of the client. In general, a cycle should be some length of time in which the client has had the opportunity to experience the flower essences and related therapeutic goals established in the session. The client should also have time to complete assignments given between sessions.

3. **A Research Paper for Each Case** – This paper is organized according to the eight topics outlined in the accompanying section. These topics are meant to be stimulating and thought-provoking, to help you more fully consider each case. There are no “right” or “wrong” responses; we only ask that you consider each topic and answer to the best of your ability. For clarity in addressing each of these subject areas, we request that you organize each case paper into eight sub-sections which are addressed systematically. Do not blend the eight sections together. While some of your answers may overlap, these eight sections each have their own unique “window” into the case and need to be addressed separately.

4. **Documentation of Client's Soul Work** – The certification program requires that you include materials which give tangible evidence of the client's inner experience during flower essence therapy. These materials are intended to be a thoughtful documentation from the client's perspective of personal experience. You have a choice about the kinds of materials to include, but your cases will not be considered complete without adequate documentation which comes directly from the client, such as journal entries, art work, or descriptions of dreams. For further examples of soul developmental see the submission details in the following section.



Flower Essence Society Research Program

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Submissions for Each Case Study

Organizational Template: Be sure to organize your case studies into the eight topics listed below. Do not blend these eight categories together, even if some answers overlap. Your submission will not be considered complete unless each section is accorded distinct attention, including subtitles for the questions within each respective section. If you do not believe that a particular category is applicable, please state the reason why. Always feel free to add further comments for any case phenomena not covered in these questions. This information should be professionally presented.

1. Case Synopsis

Provide a concise case overview in one page or less, including:

- a) a short description of the client and presenting symptoms
- b) the major issues involved in the case
- c) major changes observed
- d) a summary of the key flower essences used to facilitate the case
- e) method for administering the flower essences – the intended method of application for your formulations: topical, misting bottle, number of internal dosages per day, specific formulas to be used at certain cycles in the day or week, additional enhancements such as *FloraFusions* Flower Oils, etc.

2. Client Profile

Please comment and expand on the information presented in the client's intake form, based on your further interviews and other notes during the client's healing journey. The objective is to present a description of the client in such a way that a third-party reader can understand *who* the client is, and *why* they are seeking help through flower essence therapy. Key areas to address include:

- a) family of origin
- b) community and cultural influences
- c) current family situation
- d) career or job-related information
- e) medical history
- f) a summary of major biographical life events
- g) creative expressions and self-learning
- h) life values and visions
- i) presenting issues or symptoms and reasons for seeking therapy

3. Your Healing Program for the Client: Goals and Values

Please share the developmental goals and values that you and your client have established for working together. Include short-term, medium-range and long-term goals. Discuss how these goals were met, or further assessed and possibly re-formulated, during the therapeutic process.

It is helpful to define goals on different levels. The first level should address the overarching goal of the therapeutic program. More detailed levels involve concrete, well-defined tasks which demonstrate progress toward the larger vision. For example, a broad goal may be for the client to express his/her artistic creativity. A more specific goal would be to enroll in a writing workshop. A further objective may arise as you and the client work together and recognize that the client's low self-esteem, procrastination, or demanding family situation, is blocking the ability to act upon creative impulses.

In detailing these goals and therapeutic strategies, please note or expand on their relationship to the *MetaFlora* levels of flower essence therapy. In Part 6 of your paper, you will assess the transformative levels that have been achieved in your healing program with the client.

4. Detailing the Essence Selection and Therapeutic Process

Please construct a narrative of each therapeutic session, including the intake session and follow up sessions (minimum of four). Provide the following specific information *with separate entries for each session*:

- a) **Session headline** – Please headline each session with the date, and any other pertinent information that describes the length of time and format of the session (i.e., a one-hour session involving bodywork, counseling or artistic work, etc.).
- b) **Summary of changes observed and their relationship to the flower essences chosen** – Describe the effects of the flower essences used by the client since the previous session. Base your conclusions upon your own observations of the client, the client's words and gestures, and concrete changes since the last session. Discuss the probable contribution of each separate flower essence to the shifts you have noted.

Be sure to include a discussion of any significant events which took place since your last session with the client and the client's response to these events (i.e., the client received a job promotion). Also, take careful note of any subtle or dramatic changes you perceived in the client (i.e., voice, posture, change in habits, physical appearance, philosophical attitudes, lifestyle factors, etc.).

c) **Possible role of other therapies** – Compare and contrast the role of the essences in relation to other therapeutic measures which may have been used during the same time period. Please provide supplementary diagnosis when possible, including standard medicine diagnosis, naturopathy, acupuncture, chiropractic, nutritional evaluation, astrology, chakra analysis, graphology, etc. When applicable, please provide diagrams showing the client's progression as measured by any of these systems.

d) **Issues, concerns or new goals arising out of the current session** – including obstacles or new challenges

e) **Therapeutic strategies for the client's next cycle** – including a discussion of new flower essences that have been selected and any retained from the previous therapeutic cycle

f) **The flower essence formula** – Please comment on your process for choosing the flower essence formula. This analysis should be part of your work with the client at the time you are choosing the formula. It should not be a retrospective exercise merely intended to fulfill the certification requirements. Rather it should be actual report on how you came to choose the formula developed for you client at the time you were engaged in the healing process. Aspects that you may wish to comment upon include but are not limited to the following:

- 1) alchemical or dynamic aspects in the formula – for example, polarity or soul conflict that needs resolution or integration
- 2) a diagram which illustrates the energetic components and how they operate in the whole of the formula
- 3) any geometrical or structural aspects intended by your formula – cross, six-pointed star, five-pointed star, vertical and horizontal integration, etc.
- 4) over-arching theme in the formula, and how the various components reflect this theme
- 5) your process for choosing – any testing methods, assessments or intuitive evaluations, or your use of the **FES Repertory** or other guide

The purpose of this part of the certification assignment is to show aspects of coherence, synthesis and archetypal integration in your formulations by going beyond the typical symptom-remedy paradigm of modern medicine.

g) **Method for administering the flower essences** – if this is different than what was noted under the Case Synopsis, please describe it for the session.

h) **Selection process** – discuss the primary factors which influenced your selection process such as the role of professional literature, intuition, observation, a testing method such as kinesiology, etc.

5. Client's Soul Process

The intention behind client documentation is that you have a way of directly encountering how the client is actually experiencing flower essence healing. This feedback from the client can then help you discern the direction of your therapeutic work, and provide important insights on possible new flower essences.

Therefore, it is important that you actively guide, review and shape the client's work so that it becomes a dynamic part of the entire therapeutic process. Do not request that such material from your client be handed in at the conclusion of your case work. It will be too late at this point to document the process, or to have your client try to re-construct their experience accurately.

If the client is unable to provide independent soul process work that you have assigned, then it is important for you to schedule opportunities for such work in your healing sessions.

- There are numerous creative options for client documentation – the following are the most basic examples:
- specific writing assignments and personal inventories as outlined in each section of the *MetaFlora Map of the Soul*
- journal entries which illustrate the client's feelings, challenges, or lifestyle issues during flower essence therapy
- actual quotes or other documentation from the client during the therapeutic sessions, especially when engaged in soul process such as sand play therapy, voice dialogue, dream dialogue, guided imagery, etc.
- artistic or other creative work during the course of therapy: this work can be guided during the sessions and/or can be done by the client independently. This can include poetry, song, sculpture, sketches, watercolors, or chalk drawings, etc.
- dreams of the client during therapy: documentation may include excerpts from the client's dream journal, discussion of how these dreams served either as diagnostic or therapeutic elements, and ways in which the dreams were creatively explored in the therapy
- handwriting analysis – those skilled in graphology can document challenges which the client is addressing, along with changes that are noted during the therapeutic journey. Please provide samples of the client's handwriting before and after the therapeutic process and documentation directly from the client about the inner process.
- before and after photographs of the client – this is especially important if you are working with a client who has obvious physical issues, if you are a body worker, or working with an animal client. Please include direct reflections and feelings from the client about these changes.

Although the work presented from the client must be their own, it is your responsibility to organize, highlight, select and/or edit the case presentation material for clarity and readability. Include the following context as applicable:

- a) date/time/place or other elements of the assignment in relationship to the entire therapeutic program
- b) bodily or non-verbal communications associated with the client's soul process (if done in session)
- c) direct quotes or stated feelings from the client during the therapeutic process
- d) artwork, dreams or other creative pieces stimulated by flower essence therapy organized and edited by you for readability and applicability to the healing process

Client materials should be scanned and uploaded with each case through the on-line portal, along with commentary as described above.

6. Analysis of the Client's Developmental Process

- a) Which stages of flower essence therapy (the Four R's) were most evident in your client? Which of the four stages were not developed during the therapy, or will require emphasis in future therapy? Looking at the over-all healing patterns and outcomes during the entire course of therapy, please take note of the major cognitive shifts and self-awareness that emerged for your client. Also note the role of any challenges during therapy, including an awareness crisis, emotional catharsis, or surfacing of past emotional trauma.

Please note that most cases will not proceed through all four stages, in a few months. You need only describe those stages that were actually experienced by your client. However, in-depth flower essence therapy should at least reach stage two or three, and if your client is already familiar with soul work, stage four may be possible.

- b) Please evaluate your client with regard to the **MetaFlora Levels of Soul Transformation**. Considering the progress of your client through the whole therapeutic journey, discuss which levels you chose to focus upon during flower essence therapy and key flower essences that addressed those areas. Include a discussion of the **MetaFlora** levels that need further developmental work, and those levels for which the client has already achieved some degree of mastery.

During the Professional Course we explore each of the **Metaflora** levels sequentially from one to eight. This sequence is a developmental approach that allows one to gain an overview of the human soul and its potential for full development. It is *not required - nor is it recommended* - that you cover all the **Metaflora** levels in your certification work with the client, nor that you attempt to work with them in numerical sequence. Rather, the **MetaFlora Map** is intended as an aid for assessing your therapeutic strategy with your client. Also, consideration of the **Soul Map** helps you to evaluate progress made and potential future work. Your goal is to understand what levels your client is presenting, and how these relate to the whole of soul potential as presented in the **Meta-Flora Map**. It is more typical that 2-3 levels will be most apparent in your healing outcome and goals with your client during the certification process.

In summary, your assignment is to take account of the full soul identity and potential of the client, but also choose those levels which are most apparent and most in need of healing attention.

7. Consideration of an Archetypal Remedy

Discuss the most foundational remedy which you believe typifies the client's essential soul gesture and life purpose or life lesson. This flower essence best describes the client's life-long patterns of behavior, the greatest obstacles in the client's path, and the latent potential for soul evolution. It is not necessary that you have used this remedy during the entire program with your client. What is more important is that you are able to understand your client in the most essential and deepest terms with regard to an archetypal flower essence.

8. Practitioner Reflection

What was the most significant experience and learning opportunity for you with this case?



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Getting Started

Practical Strategies for Implementing the FES Certification Program

We want to encourage you to complete the certification process! The overwhelming majority of practitioners who participate in the certification program report that the skills developed through the FES Certification Program have been invaluable for personal and professional growth. The following are some valuable points to keep in mind:

Analyze the Certification Material Carefully – Carefully assess all the material provided to you in advance of starting your case certification program. This will enable you to develop a realistic strategy and timeline for your case work and insure that you do not overlook crucial areas of client process and case data that need documentation.

Start Your Project with More than Three Clients – One or more clients may not make good case study material, for any of several reasons – they may become unavailable or need to discontinue flower essence therapy, or a case may not show sufficient developmental progress to be considered for certification. We recommend gathering complete case study information on six clients as a precautionary measure, and then choosing the three cases which show the most significant therapeutic outcomes for your research papers.

Evaluate Potential Clients for this Program – Select clients who are seeking transformational development at this time in their lives. These individuals should be open to the soul-based approach of flower essences, and have a potential to achieve significant healing through this modality.

Working with relatives or close friends can be problematic. While it may seem at first glance that those close to you are easier to work with, it is usually difficult to maintain professional objectivity. Conflicts may arise over the goals selected, complete honesty may be compromised, the family member may resent being under continuing scrutiny, or your best friend may agree to participate out of a wish to help you, rather than out of a true commitment to transformational healing. While working with a stranger may seem daunting, the emotional distance usually provides a more neutral, professional atmosphere for your work.

However, in some instances, we have received exceptional case studies from practitioners working with spouses, parents, and friends. These cases reflect the ability of both client and practitioner to detach and respond authentically to the therapeutic program. An equally important factor is the willingness of the friend or family member to be part of a true healing process rather than “pleasing” the practitioner.

Obtain Clear Permission from your Client Regarding their Role in the Certification Process – The level of involvement required of clients

participating in the certification program will be greater than usual, and each client should be made aware of this at the outset. The positive benefit is that these clients are likely to receive more time and attention than you will normally be able to provide in your practice. Please keep in mind that it is not appropriate for the client to review or alter the case materials which are sent to **FES**. We must be able to assess the full facts and details of the case in order to provide a professional evaluation. If the client agrees to allow the case to be shared in our research or educational programs, he or she should indicate this on the release form by checking the appropriate box or boxes, along with the level of anonymity or recognition that is preferred.

Develop a Projected Time Line for your Case Research and Writing

– Map out how long you will need to successfully complete your case studies. This will give you a realistic plan for meeting the due date. When you get started, consider how often you will be scheduling follow-up visits, possible delays such as holidays, etc., other obligations which may affect your schedule, and a realistic estimate of how long you will need to write your supplemental papers.

Take Adequate Notes During and After Client Sessions – These notes will form the basis of your supplemental paper. It is easier if you incrementally develop the foundational material for the paper. Check the requirements for the certification paper before you begin, so that you will have a good strategy for collecting the data you will need. Record your impressions as soon as possible after meeting with your client. You may wish to schedule some free time right after your sessions, in order to capture the nuances of the client's progress while it is still fresh in your mind. Don't forget to include your subjective impressions of any perceived differences in the client.

Initiate Client Soul Process and Documentation Immediately It is important to supervise and shape the client's soul process documentation from the start of therapy. This material is vital for your work with the client and your case presentations should demonstrate a dynamic interaction with this material. Please check the questions and assessment modalities listed in the **MetaFlora Map of the Soul** for ideas concerning writing projects, soul work and other artistic exploration. Bear in mind that some clients will not be able to carry out soul work assignments independently. You may need to integrate these activities into the sessions you conduct with your client. For instance, you can invite your client to share a recurring dream, or do a simple watercolor or chalk drawing that represents his or her current state of emotions. You may also need to coach and guide your client in keeping a dream journal, making short entries in a daily life journal, writing poetry or otherwise expressing core feelings. Be sure that these activities include more than one session in order to provide developmental insight. Be sure that you are collecting, assessing, guiding and engaging with this important part of the case work from the beginning of your therapeutic program with the client. This work cannot be done retroactively, after you have completed the casework with the client.

Schedule Follow-Up Sessions in Advance – Discuss with your client the need for a commitment for long-term work together. Do not leave your future

meetings to chance. Take initiative to set appointments for further sessions. Sketch out a timeline and general plan for the healing program you expect with your client.

Keep Your Client Positively Engaged – Sustain dedication and enthusiasm in the case process by helping your client recognize what has been accomplished and what goals can still be achieved. Include homework assignments, affirmations and artistic work that keeps the client actively engaged between sessions. If necessary, check-in with your client via phone between sessions.

Establish an Appropriate Fee for Your Services – If you are already an experienced practitioner, it may be entirely appropriate for you to charge a fee for your work with clients in the certification process. If you are new to flower essence therapy, consider offering your services at no charge, or for a reduced fee, recognizing that the learning process itself will provide you with significant compensation for your time and effort.

Contact FES if You Need Assistance – We are available to answer questions that may arise while preparing your papers, or to help you move past “stuck” places. It is more effective to make a short call to us to get clarification if you are not certain how to proceed, than to submit papers which may not qualify for certification.



Flower Essence Society Research Program

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