

A Sampler of Materials from:

# COUNSELING PRINCIPLES FOR ASTROLOGERS:

Becoming an Effective Change Agent

By Donna Cunningham, MSW



(C) 2014 Edition By MoonMavenPublications.com

**COUNSELING PRINCIPLES FOR ASTROLOGERS  
TABLE OF CONTENTS—20014 EDITION:**

**Note: This booklet is a sampler of materials covered in the full-length ebook. Below is a list of all the chapters in the book itself. What follows after that are selected excerpts.**

**INTRODUCTION: THE TRANSITION FROM STUDENT TO PROFESSIONAL.**

Why many people study astrology for years and still feel ill equipped to turn professional. The field's lack of support in making the transition. This book's purpose—to answer your questions and help you make that transition smoother.....p.6

**CHAPTER ONE: CONDUCTING EFFECTIVE CONSULTATIONS BY BEGINNING—AND**

**ENDING—WELL.** The merits of setting a contract. First contact—handling the inquiry from the client. Screening out callers who shouldn't become clients. Ending the call by setting the appointment. Consultation day--before the client arrives. First impressions. When the client is more than a client. Taping the session. Beginning the session. Keeping the focus. Concluding the session—all's well that ends well. Paving the way for future sessions. The doorknob question. What to do for yourself when the client is gone..... p.10

**CHAPTER TWO: ENGLISH FOR ASTROLOGERS--NO ASTROLOGESE PLEASE.**

Why we need to avoid Astrobabble. Getting your chart read in Neo-Astrologese—an experience of what it's like for the client. Astro\*Psycho\*Babble: another layer of confusion. Don't assume they understand just because they're nodding. How DO you say it in English? Translating aspects into emotions and behavior. Questions to ask yourself and the client about the chart. Chart particles to practice on. Tailoring your communication style to the client's. Talking to Outer Planet People on their own terms.....p.37

**CHAPTER THREE: SOLVING PROBLEMS: KEY QUESTIONS TO ASK YOURSELF AND**

**THE CLIENT** Asking, not telling—the need for dialogue. Establishing communication with the client—what is the problem? Chief complaint versus core problem. What issue is the problem designed to solve? What is the client's contribution to the problem? The red herring of blame. What are the options? Creating new approaches and solutions. Looking at the consequences of various options. Where can they turn for help?.....p.55

**CHAPTER FOUR: VOCATIONAL ASTROLOGY—UPDATING THE TRADITION.**

The importance of actual knowledge of careers. Where to get vocational information. The chart as potential—life as reality. Finding aptitudes and attitudes in the chart. Fitting the career to the whole person. Personal liabilities that may interfere with the chosen career. Why vocational astrology is not psychotherapy. How personal history affects vocation. The ACA astrologer and vocational advice. Outer Planet People and careers. The O.P.P. at midlife. How World Changes Affect Vocational Guidance.....p.78

**CHAPTER FIVE: COUNSELING CLIENTS IN CRISIS.**

Why are they coming to an astrologer? Understanding and monitoring your own reactions. Blaming the Victim—New Age style. Crisis counseling during the chart consultation. Whose crisis is it? "How bad will it be?" "When will it be over?" The effects of crisis on relationships. The normal crisis. When the midlife crisis hits home. The suicidal client. Remembering or confronting abuse. The spiritual emergency. The Near-Death Experience and its long-term effects.....p.92

## CHAPTER SIX: FINDING RESOURCES FOR YOUR CLIENTS.

"Now that I understand the problem, now what?" Forms of healing suggested by various transits. Motivating clients to seek treatment. Understanding clients' feelings about getting help. When clients resist the referral. The concept of secondary gain. Respecting clients' life choices. Monitoring your judgments of clients' problems. Toxic shame as a barrier to change. Getting the history of past change efforts. Therapies indicated for various astrological types. Finding resources for your clients' problems. Importance of personal knowledge of resources.....p.122

CHAPTER SEVEN: CODEPENDENCY, THE ADULT CHILD SYNDROME, AND THEIR IMPLICATIONS FOR ASTROLOGERS. What is codependency? The hidden Adult Children of Alcoholics (ACAs) in your client population. Why ACAs are drawn to astrology. Why astrologers should know about codependency. Common characteristics of codependents and ACAs. Astrological indicators of the ACA syndrome. Chart examples—Drew Barrymore and Suzanne Somers. Chart signatures of codependency. The Liza and Judy Show--a case study. How coming from an ACA background can affect your practice. The Adult Child Syndrome and the politics of astrology groups. How current conditions intensify the need for recovery.....p.179

## CHAPTER EIGHT: DOING CHARTS FOR CHILDREN AND TEENS.

Why is the chart being done? How your own childhood may be played out in the session. Introducing parent to child. Should you tell the child's future? Throwing light on the child's world. Relationship charts for the parent-child connection. Working with teenagers and their charts. Assessing the parents' motivation and expectations. Confidentiality and teenage clients. Sex and the teenage years. Should you tell a teenager's future?.....p.180

## CHAPTER NINE: ADDITIONAL CONSIDERATIONS FOR ASTROLOGERS

Advice for astrologers drawn from my Dell Column. Awful things astrologers tell clients. The need to avoid going to extremes with predictions—all rosy or all dire. Talking with clients about their financial difficulties. Tough topic #2—talking to clients about sex. What do you do when the chart is wrong? Considerations about confidentiality. More ethical questions. Other scenarios you're likely to meet in astrological practice.....p.207

## CHAPTER TEN: BUILDING YOUR ASTROLOGY PRACTICE

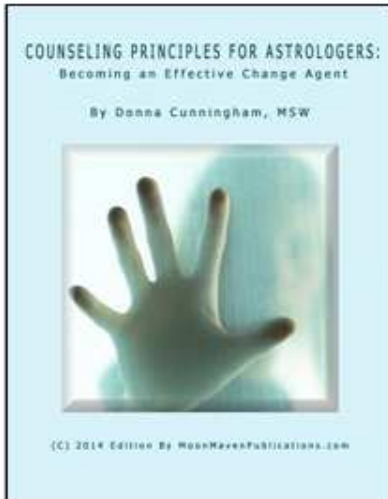
"What do you charge?" Money and the helping Fields. Beliefs and attitudes about money that get in the way. Talking to clients about fees. Confronting the S word—sales. Is it selling or is it education? The fine line between promotion and hype. Finding your own niche. Paying attention to the law of supply and demand. Dealing with prospective clients' objections. Composing appealing ads. The nuts and bolts of creating a bio. Financial options to consider. Should you quit your straight job? .....p.221

## APPENDIX: WHAT NEWCOMERS ASK ABOUT ASTROLOGY:

It's not Scientific, so What Good is it?", "Why So Many House Systems?", "Beware the Ides of July.", "When Will I Strike it Rich?", "If Only I'd Gone to an Astrologer Before This!", "Help! Pluto is Breathing Down my Neck!" "I was Kinda Dumb Myself" .....p.246

## BONUS CHAPTER: ASTROLOGY AND FLOWER REMEDIES

Using flower remedies (also known as essences) in astrological practice; how remedies can help with tough transits and natal positions; Flower remedies for the twelve signs; Emotional habits of the twelve Moon signs and remedies to help; The *fleur du jour*—astrological timing of remedies; Addresses and websites of flower remedy companies.....p.256



## **Counseling Principles for Astrologers: Becoming an Effective Change Agent. 2014, \$15**

**About the Book:** This indispensable text for astrologers or astrologers in training reflects Donna's social work background and 40 years as a counselor and professional astrologer. It shows how to focus on clients' concerns, explain the chart in plain English, boost clients' problem-solving skills, and develop a resource network so clients can move forward after the session. Chapters include effective interviewing, vocational astrology, crisis counseling, relationship issues, and doing children's charts. **It is a text for [Kepler College](#) online astrology classes at the professional level.**

(Only available in PDF format, this ebook works well with a laptop or 10" tablet, but is not yet available for Kindle.) **Order it here: [My Books](#).**

### Here are Some Excerpts

**The Merits of Setting a Contract:** In various therapeutic disciplines, it is common to set a contract with the client before beginning the work. A contract is an agreement between the client and the helping person about the nature of the work they will do together. It identifies the purpose of the meeting and the problems or issues to be addressed. It sets goals, agrees on an operating plan, and spells out what the helper is to do and what the client's role will be. In some settings, the contract is formal, with a written agreement and stated goals. These goals are given measurable outcomes--specific enough that you can determine whether they were met or not.

While we need not be so formal in the one-time astrology consultation, some of these principles can still be helpful. A contract is a negotiation about what the session will cover and what the relationship will be like. You are less likely to meet clients' needs and expectations if you don't know what they are! Sloppy contracts may result in inconclusive sessions, and clients afterwards can feel they didn't get what they needed. Or, they might call you back a few times for information because you didn't clearly establish the purposes of the meeting.

\*\*\*\*\*

**Taking Stock of Your Skills:** Just as it is important to know and be able to articulate the limitations of astrology as a predictive tool, it is also important to know and respect your own limitations. We all have areas where we shine, and we all have areas we don't know much about. There's a relief in not having to pretend that you are good at everything—it cuts down on the newly professional astrologer's anxiety.

It is useful to take stock periodically of what techniques you are and are not ready to deal with. You may want to focus your work on areas of comfort in the beginning, but do

intensive study in other basic areas where you aren't knowledgeable. You can always add new areas of expertise to your practice later, when you are more proficient. In my first year or two of doing charts, I only did natal interpretations, but took every class I could find on transits.

One good resource for home study about subjects you haven't mastered yet are the collections of conference tapes by excellent speakers that most astrology organizations provide. There are also astrology schools that provide distance learning or chat room classes in an array of subjects.

\*\*\*\*\*

**And Buddy Makes Three:** Occasionally clients want to bring someone else along. Sometimes they will ask permission in the initial phone call. More often, they simply show up with their best buddy in tow, expecting that person will sit in on the session. You need to find out why the other individual is coming. If it is simply a matter of transportation, the friend can wait in another room, if you have one that is suitable. Otherwise, he or she can come back for the client when you are done.

If, however, the intention is for the friend or relative to sit in on the session, you are better off not allowing it. It is inappropriate and unprofessional. You wouldn't take a friend along to a therapy session--or invite a pal to a pap smear.



Whenever a third party sits in, except when the focus of the session is on that particular relationship, it detracts from the work. You usually get lots of giggles, game playing, and arch in-jokes. The client is generally more focused on the friendship than on the work. Defenses and facades are high, and the client is unlikely to reach any depth of honesty.

I have occasionally made exceptions for very bashful young Latina ladies who arrived chaperoned by their mothers. It may have been inadvisable to do even that, but we have to allow for cultural differences.

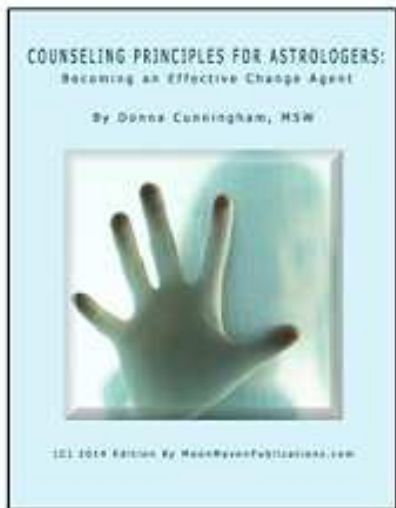
\*\*\*\*\*



**Doing Charts for Clams:** One hitch that may come up at the beginning of the session is the client who refuses to say much of anything. You know the sort--the folded arms, the jutting chin. These folks want to be sure that you are genuinely gifted, so they test you. Or, maybe they are very secretive and don't intend to reveal any more of themselves than is necessary. This most often seems to happen with Scorpio or Capricorn Ascendants.

It helps to dazzle them a bit. It's not even that hard to do. Remember that these are usually the ones who've never had a chart interpretation before, so they don't have any idea how revealing astrology can be. You might recap some of the important trends of the past year or pinpoint the most difficult areas of their life through the placements of the outer planets.

Then tell them that they're going to get more out of the session if it's a dialogue. You might tell them that you're not a fortuneteller—I sometimes joke that my crystal ball is out of order. Or, ask them if they'd expect a doctor to guess what was wrong with them without asking questions. Explain that the chart only suggests the general types of situations that will confront them. The two of you can pinpoint the effects much more specifically if they give some details. They're never going to let you see their hole card, but they generally loosen up a little at that point.



**Order *Counseling Principle for Astrologers* here: [My Books](#). \$15, but take advantage of the special price of \$35 for three of Donna's \$15 ebooks if all are ordered at the same time. (See a booklist of her ebooks that are especially useful for the consulting astrologer on the next page.)**

(Only available in PDF format, this ebook works well with a laptop or 10" tablet, but is not yet available for Kindle.)

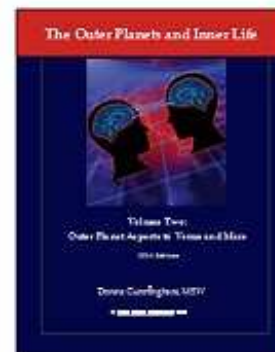
## Donna Cunningham's Books on the Outer Planets

If your chart features the outer planets strongly, and especially if you have a conjunction of the slower-moving planets or a stellium that contains one or more outer planets, these ebooks will help you understand their role in your chart and explore ways to change difficult patterns they represent. Order her ebooks here: [My Books](#).

*The Outer Planets and Inner Life* volumes are \$15 each if purchased separately, or \$35 for all three—a \$10 savings. To order, go to PayPal.com and tell them which books you want, Donna's email address ([moonmave@spiritone.com](mailto:moonmave@spiritone.com)), and the amount. They will send her a notice, and then she sends them to you. The ebooks arrive on separate emails. If you want them sent to an email address other than the one you used, let her know. (Write to her if you prefer to pay by a check on a US bank.)

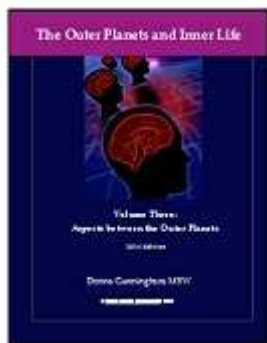


*The Outer Planets and Inner Life, V.1: The Outer Planets as Vocational Indicators. (Newly-released 2014 edition)* If your stellium has outer planets in the career houses (2<sup>nd</sup>, 6<sup>th</sup>, or 10<sup>th</sup>), or if it relates to your chosen career, this book can give you helpful insights. There's an otherworldly element when the outer planets are career markers, a sense of serving a greater purpose in human history. Each chapter of this e-book explores one of these planets in depth. See an [excerpt](#) here.



*The Outer Planets and Inner Life, v.2: Outer Planet Aspects to Venus and Mars. (Newly-released 2014 edition)* Learn about the love

lives of people who have the outer planets woven in with the primary relationship planets, Venus and Mars, or in the relationship houses—the 7<sup>th</sup>, 8<sup>th</sup>, and 5<sup>th</sup>. We'll identify persistent relationship patterns for each outer planet influence. Explore the ways people with these chart factors try to satisfy their need for intimacy while still fulfilling an equally strong urge to participate in the evolution of our world. See the table of contents [here](#).



*The Outer Planets and Inner Life, v.3: Aspects between the Outer Planets.*

*(Newly-released 2014 edition)* Some of the most eventful and memorable historical eras happen when two or more of the outermost planets—Saturn, Uranus, Neptune, or Pluto—form aspects to one another. We'll look at distinct 20th Century eras like the 1960s, the astrological patterns of that time, and the life-long impact of these combinations on people born with them strongly featured in their charts.

The book includes chapters on people born with the Pluto-Uranus conjunction, those with Pluto and Saturn in aspect, those with Uranus and Saturn in aspect, those with Neptune and Saturn in aspect, and those with Uranus and Neptune in aspect. See the table of contents [here](#).



For Donna's classic self-help book on Pluto, go to [Healing Pluto Problems](#). Published by RedWheel/ Weiser, it's available in hard copy and Kindle format.