

A Sampler of Materials from:

COUNSELING PRINCIPLES FOR ASTROLOGERS:

Becoming an Effective Change Agent

By Donna Cunningham, MSW



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COUNSELING PRINCIPLES FOR ASTROLOGERS
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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.

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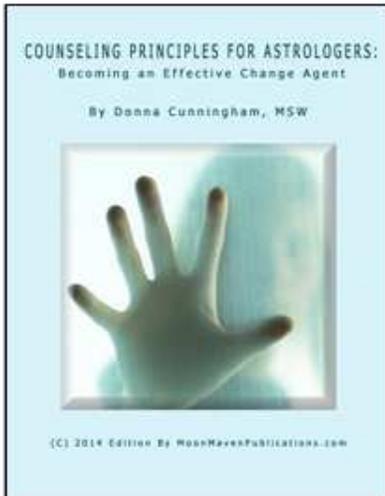
"What do you charge?" Money and the helping Fields. Beliefs and attitudes about money that get in the way. Talking to clients about fees. Confronting the S word—sales. Is it selling or is it education? The fine line between promotion and hype. Finding your own niche. Paying attention to the law of supply 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

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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.

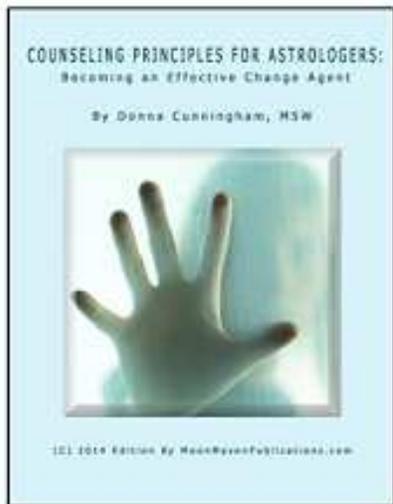
I have occasionally made exceptions for very bashful young Latina ladies who arrived chaperoned by their mothers. It may have been inadvisable to do even that, but we have to allow for cultural differences.



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.)

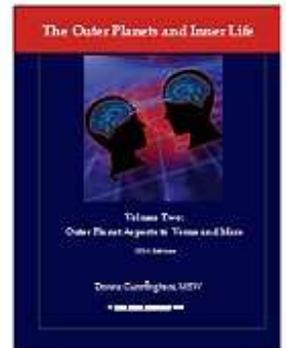
Donna Cunningham's Books on the Outer Planets

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), 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.)

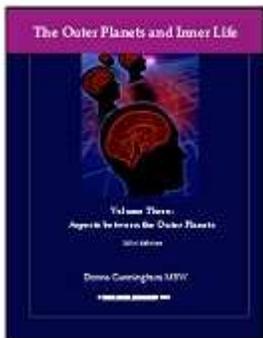


The Outer Planets and Inner Life, V.1: The Outer Planets as Vocational Indicators. (Newly-released 2014 edition) If your stellium has outer planets in the career houses (2nd, 6th, or 10th), or if it relates to your chosen career, this book can give you helpful insights. There's an otherworldly element 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

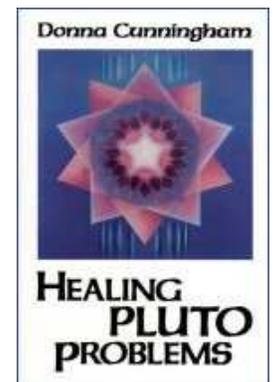
lives of people who have the outer planets woven in with the primary relationship planets, Venus and Mars, or in the relationship houses—the 7th, 8th, and 5th. We'll identify persistent relationship patterns for each outer planet influence. Explore the ways people with these chart factors try to satisfy 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.