

**Dimension One:  
The Informed Use of Power**

- *Be informed.*
- *Own your power and influence.*
- *Understand your ethical guidelines.*

**Dimension Two:  
The Conscious Use of Power**

- *Be curious.*
- *Use your history.*
- *Practice compassion.*

**Dimension Three:  
The Caring Use of Power**

- *Be related.*
- *Track your impact*
- *Resolve and repair.*

**BE INFORMED**

This dimension is about **information** of many kinds:

- owning and having a felt sense of the impact of the power differential role its potential, its responsibilities, its distortions, and its vulnerability for clients as the basis for all ethical guidelines;
- understanding and being resourced by information contained in ethical codes as wisdom culled from the lived history of our professions;
- gathering and effectively using information from clients;
- paying attention to inner guidance;
- making informed ethical decisions in complex or challenging circumstances and in everyday attitudes and interactions.

**BE COMPASSIONATE**

This dimension is about **Self**:

- understanding and learning from our attitudes, beliefs, wounds, and habits in relation to issues of power and authority;
- engaging curiosity about ourselves and our clients as a non-threatening skill and attitude;
- exploring our empowered and disempowered selves and how our use of power and influence affects others;
- reflecting on examples of misuses of professional power;
- working with shame as a power issue because it isolates and de-resources;
- practicing compassion as a resonating concern for all.

**BE CONNECTED**

In this dimension the focus is on **relationship**:

- acknowledging the complexity and power of connection;
- increasing skillfulness in tracking for difficulties and staying current in care-giving relationships;
- recognizing that our impact is often different from our intention;
- being accountable as an expression of

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- recognizing that our impact is often different from our intention;
- being accountable as an expression of caring;
- recognizing that we all make mistakes; understanding how relationship difficulties, when either ignored or dismissed, can escalate to grievance processes;
- practicing staying connected even in conflict and using conflict to clarify and resolve difficulties;
- attending to relationship repair and self-correcting;

**Dimension Four:  
The Skillful Use of Power**

- *Be pro-active.*
- *Attend to self-care.*
- *Self-correct and let go.*

**BE SKILLFUL**

This dimension is about the development of **wisdom**.

- understanding that doing the right thing is more effective when it's done wisely;
- deepening skill in identifying tendencies, beliefs, and barriers that may make us vulnerable to specific misuses of power;
- understanding good self-care as vital for wise use of power;