

The Consultation

Assessment

Presenting problem – First visit

If the client is here for the purposes listed under category 1, then the consultation does not need to continue beyond the health history form and the presenting problem:

Category 1

- Relaxation, nurture, stress relief, temporary symptomatic relief
- Health maintenance *eg. monthly reiki session*
- For a specific treatment *eg. crystal therapy*
- Reading – coffee cup, colour reading, metaphysical analysis – chakras, aura etc.
- Spiritual guidance, past life exploration

Category 2

- Long term symptomatic relief
- Healing - to uncover and heal the cause of a condition/issue
- Holistic Counselling
- Self development
- Health/lifestyle improvement
- To establish a holistic approach to health and living for optimum wellbeing.

If the client is here for purposes listed under category 2, then inform them of the procedure:

- 1st session will focus on an in-depth consultation *which normally takes up the entire session (1½ hrs)*
 - This enables us to see the entire picture and therefore assists in establishing causes and patterns that are attributing to the problem.
 - It also enables the therapist to establish the most suitable treatment for the client.
- There is no set time frame for the healing process but most clients require between 6 to 12 sessions per goal. *There will always be exceptions to this depending on the severity of the condition. A condition that has taken 20 years to develop for example, will not disappear in six sessions. Ensure the client understands that this is not a 'miracle' healing.*
- The client will be required (where appropriate) to take an active role in their treatment with home care activities that will support the healing process in between sessions and encourage self responsibility for the purpose of empowerment. ***Our aim is twofold – One is to treat the client, the second is to empower the client so that they are active participants in their wellbeing.***