

HOLISTIC COUNSELLING

The First Session...

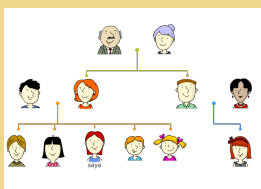
The meeting and greeting

I will be ready at our scheduled appointment time and waiting for you to arrive. You will be personally greeted by me at the door, shown into my office and invited to have a seat and make yourself comfortable. For the next 90 minutes we will be engaging in conversation centred around you, your life and your reasons for attending Counselling.



Forms, paperwork and information

Client Intake Form



Sample Genogram

It is necessary that I record your personal information in order to provide my service. You will be asked to complete an Intake Form (pictured left) which asks for some basic information about you.

I will also ask you to read and sign a consent form. This is a formal document that outlines the details of the agreement between us, covering your rights and acknowledging my terms for providing my service to you.

Beyond this, throughout the first session I will be focusing on gathering additional information about you. Areas addressed are personal history, your significant family relationships, friendships, physical and mental health, non- or spiritual beliefs and your current challenging situation.

One of the most useful things that helps me in my work with you is a Genogram or picture of you in relation to the significant other people in your life. There is a Genogram example on the left.

*Supporting people...
to create lasting change*

