

Thinking together about therapy



Guided by Nature

Consultation (No COST)

When considering therapy, it is important for client/s and therapist to engage in an initial conversation to explore therapeutic needs. While this can feel difficult , it is essential to share this information at the start to appreciate together , what is needed, expectations of therapy, so that the therapist can provide clear guidelines of their therapeutic approach and answer any questions client/s may have to inform their decision to engage in a therapeutic process with the therapist.

This initial conversation can involve discussion to establish and clarify – where possible- circumstances contributing to the need for client/s to seek or access therapeutic support. Sharing this conversation with client/s who plan to access therapeutic support ensures that a shared meaning and understanding informs the beginning stages of the therapist – client/s relationship and the therapeutic process.

It can be important to think together-why now ? The timing and readiness for therapy is an important consideration. This can often be impacted by past professional help experience/s, barriers to accessing support and the outcomes hoped for by committing time to family and systemic psychotherapy.

We will think together at this initial stage about pace, format and contract needs for a helpful therapeutic process. This is a time to think with a therapist about the information you require to consent, trust and engage in therapy. There is always an understanding that client/s are able to change therapeutic consent at any time.

This initial conversation can (but not exhaustively cover) conversations about confidentiality , data protection , practice governance , safeguarding and safety , therapeutic boundaries, expectations and limitations of the therapeutic process. The intention of meeting and talking is to promote a sense of clarity at the start and an aim to maintain this, throughout the therapeutic journey. Outlining terms of engagement, professional boundaries and scope of practice removes unrealistic expectations or dissatisfaction.

- ❖ Stage 1 - Client/s offered a free consultation by telephone or an on line video platform appointment at a time suitable to both therapist and client/s.

