

Mr x case study

Business



These include background and personal circumstances of the client, previous experiences (if any) of therapy, medical and psychiatric history ND very importantly, why they are seeking therapy. This first conversation is also an opportunity for the client to ask any questions they may have and to discuss the details of how the sessions will potentially work. If the therapist is happy that they can begin a therapeutic relationship with that person they can then go on to establish which modality they are most lead by in order to create the best screed and approach and also how susceptible they may be to hypnosis.

There are several ways to determine this and some are more suitable than others in terms of time ministrations while in consultation. A practitioner may wish to use the Balloon/Lead Test or the Eye Roll Test as these are most suitable for use in this environment. The problem with using tests to try and discover if someone is open to hypnosis is that if the client fails the test they could lose confidence in hypnotherapy or in their potential ability to be assisted by it.

Equally however, if the person passes the test this will instill confidence in the practice but this could ultimately override the ability for it to be carried out successfully. Either way conducting these tests can have a detrimental effect on the success of hypnotherapy, but can also provide a useful tool. Stage hypnotists tend to use these methods more than therapists as it is a quick way of determining who amongst their audience will allow them to create the most effective show.

There are many reasons why it's so important to conduct a thorough initial consultation and they are predominantly to safeguard both the client and the therapist.

It's vital to address any potential problems that could arise that could be damaging to the either party, for example, knowing when to refer the client to another professional if they are not suitable for hypnotherapy. Reasons for this could be that the client is suffering from a psychiatric disorder that it's not appropriate to use hypnosis with. Taking note of any medication used by the client will indicate certain factors that will help in assessing suitability for hypnotherapy. A therapist can request consent from a client to contact their G.P. should there be any need for clarification on whether or not therapy can commence.

The therapist may know or have a personal link to the client in which case it would be unethical to continue as it would establish a 'dual relationship'.

This is not appropriate because the information known about someone will bias the process and could allow for suggestions to be made based on the therapist's own opinions or knowledge of that person. A therapist should be aware of their limitations and honest with the client around what can feasibly be achieved.

Treating a client who is using anti-depressants or anti-psychotic medication, or those with drug or alcohol addiction would not be appropriate. Firstly, it's necessary to conduct the 'intake'. This is the act of gathering certain information, from contact details and family circumstances to a basic

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understanding of the client's personal background and issues, for example, any problems they may feel they are experiencing at work, at home or financially etc.

It's advisable to have a template to work from for this that covers all aspects that the therapist needs to know in order to ascertain whether or not they are able to work with the client. Active listening begins from the very first meeting and is very important that the client knows that you are hearing them and succinctly understanding what they're saying, and also to allow the therapist to gather as much information as possible, clearly and fairly. This initial process will also serve to allow the client to gain enough information about the practitioner that they feel comfortable and confident in their abilities to help them.

This will be achieved through a combination of clear information given about the practice itself and the rapport and trust the client feels with the therapist. If there is no rapport or potential or a trusting relationship between the two, the therapy will be ineffective. It's a therapist's responsibility to know when they are not in a position to work with a client, for any reason.

A therapist should conduct this initial process by 'setting the scene' for how future sessions will look and feel.

This can be achieved by setting the room in a comfortable and professional way and, for example, establishing where the client will sit, for every session, to create familiarity and routine. The use of music or room scents is sometimes a preferred option of therapists, but is a personal choice and not secretaries always a good idea as individual people associate sounds and

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smells in different ways and this can not only predetermine a client's feelings but could actually create negativity, depending on their association and response to it. It could be agreed later to use such aids if the clients feels it would be beneficial.

A calming and relaxed atmosphere should be created in which therapy can be carried out without distraction or interruption. During the process of the initial consultation the therapist must use best practice to build a rapport with the client.

This involves a ambition of applying Attending Behaviors, for example, eye contact, posture and the positioning of the therapist to the client (it is best for the therapist to sit slightly to the side of the client rather than directly in front of them, or directly next to them) and avoiding Non-Attending Behaviors which could be damaging to the outcome of the consultation.

Attention should be paid to not appearing distracted while the client is talking, using closed posture and body language and not maintaining good eye contact. It's important to remember that the client is also assessing the recantation and so by ensuring that the client feels heard and understood in a professional and appropriate way is imperative to a successful therapeutic relationship. Applying pacing and matching skills and mirroring will help the client to feel at ease and able to communicate more freely with the therapist.

When a client is explaining their circumstances or problems, the therapist can demonstrate their understanding of what the person is saying by using paraphrasing.

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This is done to ensure Don parties have sauces clearly want Is Delving salad Ana near Ana Connors that they are on the same wavelength. It also helps provide the therapist with a clear indication of the dominant issues that are presented and allows them to then create a proposed plan of action.

Determining the dominant modality and lateral eye movements will assist this process also. The therapist will also use Reflecting, Clarifying and Summarizing, namely, the client feels what they are expressing by hearing it come back from another person, asking a client to clarify a certain situation so you can check your understanding and summarizing the point raised, usually at the end of a session.

The question of whether to offer a free initial consultation could be a personal choice but it's important to consider the following; while a free consultation allows the potential client to decide for themselves whether they wish to work with someone and doesn't result in them paying for a service that they did not want or find helpful, it also lays the therapist open to abuse of the free service and not gaining an actual client. However, it does allow for a more appropriate Judgment to be made with regards to suitability for therapy.

A client cannot complain they have had their time and money wasted if the therapist is not able to take them on and feels the need to refer them elsewhere. A client's wellbeing is, or should be, far more important than monetary gain for any therapist. When a therapist is beginning their career and practice it is perhaps beneficial to offer a free consultation in order to

build up expertise and competency when assessing clients, therefore ensuring a better service for future therapeutic relationships.

The practitioner must be confident in their abilities to handle the varying effects of the hypnotherapy and so gaining as clear and detailed an account as possible of the client's background and personality can provide the therapist with valuable information, therefore arming them with the necessary tools and ability to conduct hypnosis safely. Someone who has, for example, experienced a traumatic event will possibly experience the emotions of this during hypnosis and it's vital that the therapist is able to manage and carry this out carefully and without harm to the client.

An issue that could arise for a therapist while assessing and working with a client aside from a difference of opinion which should certainly not become an issue while providing therapy, is a more serious, moral subject matter that could compromise the therapeutic relationship.

If the client reveals that they are, for example, of a violent or abusive nature and are actively carrying these characteristics out, the therapist will then have to decide whether they can continue to work with that person.

This will be a judgment call entirely dependent on the circumstances. If the client is seeking hypnotherapy for a completely separate reason and the fact they have revealed this information has no other bearing on the task in hand, the therapist may feel able to continue. However, if the client is disclosing that they are actively displaying dangerous behaviors then it may be that the therapist will feel they cannot appropriately work with someone of this nature and should employ disclosure where appropriate.

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It is safer to bring the relationship to a close than to allow personal feelings to affect the therapy given.

There could well be legal implications involved and a practitioner has a duty of care to handle such a situation professionally. The same would apply to any act of unreasonable behavior deemed so by the therapist. Again, many things are a simply matter of opinion, but certain subjects will colonially Arles Tanat result In tannery Delving terminate Ana It Is always netter to De able to acknowledge issues as they arise then to allow them to become problematic.

The following code of ethics should be adhered to at all times: 1) Confidentiality 2) 3) 4) 5) 6) 7) 8) 9) Respect Non Judgmental stance Integrity Active listening Following guidelines Knowing own limitations Professional boundaries Safeguarding and Disclosure 10) Maintaining an honest and therapeutic relationship What is also of importance is to ensure that the client has a clear understanding of what to expect from the initial consultation and the potential therapy sessions.

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practice to employ here is both verbal and written clarification of what to expect, starting with verbal to explain how the process will work followed by a written contract of a disclaimer and consent form that both parties sign. This can be used for both stages and ensures clarification and consent, for example, that the client is in agreement with the process and understands that hypnotherapy can vary and doesn't guarantee results.

Administration points such as payment and cancellation policies etc can also be established here. It is reassuring for the client and also wise for the therapist to be clear that there are established codes of ethics regarding the practice of hypnotherapy and that also cover legal issues for both parties. The initial consultation is the platform by which each party establishes whether hypnotherapy is the right option.

Each therapist will have their own way of working and the very best therapists will be adaptable and flexible, allowing them to work with a variety of clients, with different needs and modalities, confidently and successfully. Ethical practice is critical to providing a professional, conscientious and safe service, protecting both the client and the practitioner.