

# **‘ADMISSIONS’ PROCESS: MEETING A NEW CLIENT**

## **General points for therapist**

- Is this a good process for the person to be involved in or not? Measure their readiness in contracting with them
- Keep the Qs as open as possible so as not to narrow it down: ‘Tell me a bit more about your history...’
- Aim for collaboration rather than being an expert dealing with a diminished person (e.g. ‘Here’s how we look upon this...’; be prepared to teach a little, so as not to be the expert).
- Introduce the notion that the history they’ll tell you about is woven into every second of their life (‘In our work we believe that how we see the world now is strongly related to how we experienced it in the past...’).

## **Client’s appropriateness for a group**

- Do they have enough Pilot to be able to do the work themselves, and not be too reliant on the therapist?
- Do they have enough ego strength to be able to handle what comes?
- Do they understand symbolism, or would it feel too real to them?
- What is their readiness to accept healing on a symbolic level?
- What is their optimism/ pessimism level? Do they have hope?
- Will they accept the contract?
- Do they find substitute interactive relationships with others (pets, God etc) or do they become their own magical omnipotent caretaker?
- Where did this client invest their hopes for the future? What goes on in their individual time? Do they read? Watch TV? Sleep and dream? (What would it mean if someone invested their hope in sleeping and dreaming?) Get super-religious? (We have receptor sites for pleasure – where does that go?)

## **Areas to explore: the kind of family the client comes from**

- Birth – any significant points? Was there a separation from the mother?
- Siblings?
- History with their parents – was there a separation? Who did they live with?

- Home base – how often did they move?
- Was there a death in the family? (Survivors have survivor guilt – ‘how did I contribute to that death?’ What was the timing of the death? E.g. if at oral stage: ‘I devoured my mother’; if at puberty: ‘My sexuality killed her’ etc.
- Family history of previous generations
- Cultural history
- Injuries/ surgical procedures/accidents – e.g. if falling a lot/injuring self a lot there may be a support issue

### **Examples of further exploratory questions**

- ‘Did you see that, or did she tell you about it?’
- ‘Were there any periods of illness for you or any of your siblings?’
- ‘Where else did you experience the pleasure you felt with xxx?’
- ‘Who was the most constant figure?’ (Especially if client reports disruption or separation)
- ‘Where do you find the most pleasure and sense of comfort?’
- ‘Do you want to say something about your religious feelings?’
- ‘Are there any events that had a special impact that you haven’t said till now?’