



What to Bring to Somatic & Energetic Resourcing Consultation

This is the format I would like you to present new clients from:

Share a brief overview of your psycho-social intake and the Presenting Complaints that bring your client to therapy that you will be addressing.

I am specifically looking for:

- Early developmental information and history of relationships.
- Small and large “t” traumas.
- Themes and patterns.
- Not necessarily detailed content.

Share the list of Presenting Complaints you and your client have identified for their treatment plan.

I will ask some questions for clarification and to support you in conceptualizing from the a somatic/developmental perspective.

What your assessment is of your client’s current capacities. Some examples are:

- Self Regulation Skills
 - Self Awareness Skills
 - Their ability to dual focus.
 - Their ability to give you clear accurate information.
 - The stability of your relationship.
 - You and your client’s ability to identify if they are dissociating and tools for staying present during reprocessing.
 - Their ability to handle strong emotions.
 - Building a support system if needed.
 - Timing of when to reprocess if other life events would be disrupted.
 - etc.
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When you implement various experiential activities I recommend, bring information in about:

1. How your client did with the activities in your office.
 2. If your client followed through in their daily practice.
 3. What results they got if they followed through.
 4. If you repeated the activities in your office with them each week if they did not do them on their own.
 5. What spontaneous changes you observe.
 6. How your client is progressing through the list of activities.
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