



*Spokane Holistic
Healing*

Spokane Holistic Healing Client Handout

Initial Therapy Session

Here's a general description of what it entails:

1. Introduction & Rapport Building

The therapist begins by introducing themselves, explaining their approach, and discussing confidentiality and its limits (e.g., mandated reporting for harm to self or others). The goal is to begin to establish trust.

2. Presenting Concerns

The therapist invites the client to share why they are seeking therapy. Open-ended questions such as “What brings you in today?” or “How have you been feeling lately?” help the client express their concerns in their own words.

3. Psychological History

To gain a full picture, the therapist explores:

- **Mental Health History:** Past diagnoses, previous therapy experiences, and any psychiatric hospitalizations.
- **Medical History:** Any physical health issues or medications that may impact mental well-being.
- **Family History:** Mental health and relational dynamics within the family.
- **Substance Use:** Any use of alcohol, drugs, or medications that could affect mental health.

4. Psychosocial Assessment

The therapist assesses the client's life context, including:

- **Relationships** (family, romantic, social support)
- **Work/Education** (stressors, satisfaction, performance)
- **Living Situation** (environmental stability)
- **Cultural & Spiritual Factors** (beliefs impacting mental health)



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5. Mental Status Examination (MSE)

A therapist may informally assess cognitive and emotional functioning by noting:

- **Behavior**
- **Mood & Affect**
- **Thought Process**
- **Speech & Communication**
- **Cognition & Orientation**

6. Initial Diagnosis & Treatment Plan

Based on the session, the therapist may provide a **tentative treatment plan**, discussing goals and the recommended therapeutic approach (e.g., CBT, biofeedback, sauna and red-light therapy).

7. Closing the Session

The therapist summarizes key points, asks if the client has questions, and provides the next steps, such as scheduling follow-up sessions or suggesting coping strategies.

This first session sets the stage for ongoing therapy and helps determine the best approach for the client's needs.