**Case Consultation Guidelines**

**By**

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Consultations are for everyone. Case consultations are an opportunity to deepen your learning and understanding of the SE® principles. It is also a place where you can begin thinking about how and when to use SE® with your clients. As a practitioner who integrates touch into my practice, bodyworkers can get more specifics on how to integrate SE® into their body-based practice as well.

Case consultations are a form of support for you as well as accountability. Maintaining ethical practises and standards is pivotal to the SE® work that we do. The best way to be an ethical SE® practitioner is to have a SE® (ideally) clinical supervisor and/or engage in regular SE® case consultations. Case consultations are not just about “what’s wrong.” They are an opportunity to share what went well. To talk about what changes you are noticing in yourself and your client(s)?

Many SE® students find consultations (both individual and group) to be beneficial especially with a difficult client situation. Consultations provide a safe enough and confidential space for you to explore any “stuckness” in your practice and/or perhaps not knowing what to do next. You can also discuss your reactions to some clients such as experiencing joy, frustration, excitement, feeling hopeless, compassion, and/or feeling discouraged. If you work on a team or in a difficult work setting, consultations can stimulate SE® ways of making “micro-changes/shifts. I have worked in several agencies both on the front line and as a team leader in management, so I can relate to both sides.

You do not have to present a case to attend a small group case consultation. You can simply show up, listen, and learn.

**Some info for Presenting a Case**

Client’s age, pronouns, occupation, life stage (single, married or in a long-term relationship, polyamorous, queer, parenting alone or with a partner(s), retired etc.)

Why did they come for therapy, massage, coaching, yoga etc.?

Approximately how long have you seen them? How many sessions have you had?

Diagnoses (if any)

Medications?

What have you tried?

What is your question about this case? What are you looking for from this case consultation?