

# CHRISTENSENTRUM AFM ELSPARK

## Structuring the Therapeutic Process

### **Session 1**

Assessment and Recommendation/Referral

### **Seven Days Prior to Session 2**

*From seven days before the counselling process starts* the following is prohibited:

- No smoking
- No alcohol
- No tranquilizers
- As little engagement with people as possible
- Minimize time spent on all social media, including WhatsApp and Facebook

### **24 Hours before Session 2**

- Isolate from all people and activity – the ideal is not to work and to be completely alone
- No reading
- No TV
- No phone calls
- You may write (journal / diary / essay about yourself and your history)
- You may be asked not to sleep or to sleep very little.

During this period, your counsellor is on duty and may be called (or texted) any time between 08:00 to 23:00.

### **Session 2, 3 and 4**

- Will take place within the course of seven days.
- May take up to 2 hours per session.

### **Session 5 and Onwards**

- One session per week

### **High Impact Weeks**

- During the weeks of the counselling process, you may be required to prepare for a “high impact week” by repeating the “seven days before session 2” protocols.
- Three sessions in seven days
- Other restrictions may be imposed to maximize the effectiveness of a high impact week.