



Welcoming the client and the preliminary interview are fundamental steps in establishing a trustful relationship and laying the groundwork for personalized support. This is the time to create a first warm and caring contact, so that your client feels safe and confident to open up to you.

When your client arrives, take the time to welcome them with attentive presence and a smile. Be punctual and available, to show them that you value this privileged moment. Offer them a comfortable seat in the space you have prepared, and offer them a hot or cold drink according to their preference. These small attentions contribute to creating a friendly and relaxed atmosphere.

Once your client is settled, take a moment to introduce yourself and remind them of the framework of the session: duration, proceedings, confidentiality rules. It's important to clarify expectations and boundaries right from the start, to avoid any misunderstanding. You can, for instance, explain that everything said during the session will remain strictly confidential, except if you identify a danger to the client or others.

Next, invite your client to introduce themselves and share what brings them to you. Use the active listening and non-violent communication techniques we mentioned in the previous module to create a supportive environment. Show them that you are listening attentively, without judgement, by paraphrasing their comments and welcoming their emotions.

During this preliminary interview, your goal is to gather information on your client's history, situation, and needs, so that you can adapt your support as best as possible. Ask open-ended questions to encourage them to elaborate, while respecting their pace and limits. You can explore different areas of their life: physical and emotional health,

relationships, sexuality, spirituality, etc.

Do not hesitate to take notes, with your client's agreement, so as not to forget anything and to be able to refer to it later. You can use a pre-set questionnaire or simply note down the key points in a dedicated notebook. The crucial thing is to show your client that you are fully present and attentive.

Throughout the discussion, be attentive to limiting beliefs, fears, and blockages that could hinder the healing process. Help your client to become aware of their inner resources and potential, by pointing out their strengths and qualities. Your role is to assist them towards a better understanding of themselves and their needs with kindness.

Don't forget also to gather practical information, such as your client's contact details, age, medical history, ongoing treatments, etc. This information is essential for a personalized and secure follow-up, in addition to the emotional and psychological file.

Finally, ensure that this preliminary interview does not exceed 20 to 30 minutes in order to save time for practice. The aim is to find the right balance between creating a trustful bond and gathering necessary information, without getting lost in details or digressions. Your goal is to lay the foundations of a robust and authentic therapeutic relationship, allowing your client to feel safe enough to explore their interiority and open up to change.

In summary, welcoming the client and the preliminary interview are key moments to create a therapeutic alliance based on listening, empathy, and kindness. By offering your client a secure and confidential space to share their story, you allow them to feel seen, heard and embraced in their entirety. It's on this basis of mutual trust that the healing process and reconnection to their feminine essence can unfold.

Here is a synthesis of the key points to remember from this text on welcoming the client and the preliminary interview:

Key Points to Remember:

- Welcoming the client with presence, punctuality, and kindness to establish a warm initial contact and put at ease.
- Clarifying the framework of the session right from the start (duration, proceedings, confidentiality) to set boundaries and avoid misunderstandings.
- Using active listening and non-violent communication to create a supportive, non-judgmental expression space.
- Gathering information about the client's history, situation, and needs through open-ended

questions while respecting their pace.

- Taking notes with the client's agreement so as to not forget anything and ensure personalized follow-up.
- Be attentive to limiting beliefs and blockages while helping the client to contact their resources and potential.
- Gathering practical information (contact details, medical history, etc.) for secure and comprehensive support.
- Keeping the preliminary interview within a 20-30 minute limit in order to balance between relationship building and practice time.
- Laying the groundwork for a solid, authentic therapeutic alliance to allow the client to confidently open up to the healing process.