

Client management - The Healing Crisis and Consultation Procedure

In regards to Client Management it is very important to:

Always complete a consultation form for each new client you see. In my view, its best not to ask them to fill it in themselves but to go through it with them.

You will need to be empathic with your Client. Many people when asked how they are will simply say 'yes, I'm fine.' Sometimes that is the case, however, if someone has come for a crystal healing - they have come for a reason! We need to use careful listening skills and carefully directed questions to be able to 'dif' a little to find out how they really are. By contrast, some clients will want to tell you their life story and in this case, you will need to exercise careful and polite diplomacy and tact to make sure that you get the brief picture you need but enough for your records. Your consultation sheet should always include a disclaimer and a space for your client to sign their name and the date.

Always take notes of what happened during the treatment paying attention to how the client felt before and how the client felt when they left. Always write the date of the treatment. We need this documentation for insurance purposes. It is important.

Always give a client adequate aftercare advice, preferably in the form of a written sheet. This is because no matter what you tell a client at the time of leaving, they are liable to forget. If it's written down, they can refer to it later. This is usually an insurance requirement.

Aftercare Advice should always include writing down and verbalising to the client that they should:

Take it easy, relax as much as possible.

Drink plenty of water, not caffeine or alcohol for 24 hours at least.

Be aware that they may have physical reactions like an increase of sweating, nasal congestion, body secretions, urination.

Feeling emotional, crying and going over thoughts from the past - they need to flow with these feelings acknowledge them and allow them to pass.

Be aware that energy is shifting in the body and discomfort will pass.

Make yourself available by phone or email so they can contact you should they need to - exercise good boundaries around this. Include your details on your aftercare sheet.

The Healing Crisis

During a healing session we are shifting and moving energies through the subtle bodies. The subtle bodies and physical body will take a little time to integrate these new energies and some symptoms may be experienced.

Remember that especially when you are working through the emotional layers of the aura - you are creating profound change and healing and this may cause emotional reactions such as spontaneous crying, laughing or even anger.

Normal reactions we expect to see during a healing session:

Twitching of limbs and face.
Gurgling stomach
Flickering eyelids
Deepening of the breath
Sleeping - moving in and out of sleep
Sighing

Sighing is a sign of release. Often we see this when we work on the emotional levels of the heart, solar plexus and sacral chakras. When a Client lets out a sigh they are breathing out the energy that is no longer needed. A self-release.

I have often found that to also let out a sigh yourself after the client has sighed is a good practice - as you are attached during the healing session to their energy field, breathing out a sigh yourself - releases furthermore energy which was stuck.

The healing crisis may involve many unpleasant things for the client. They may begin to display these symptoms before they leave the session and you must be prepared to deal with this appropriately. Be reassuring - tell them that what they are experiencing is normal will pass. Give them the aftercare advice and your details. Make sure that your client is adequately grounded and centred before they leave. It is vital that you return your client fully to normal waking consciousness and that they have had enough time to do this - allow 15 minutes extra at least.

Symptoms of healing crisis :

Sweating, numbness, increased urination

Old symptoms occurring including old pain - this will pass.

Aggravated skin conditions

Disrupted sleep patterns

Aggression and anger

Tiredness and depression

Tingling, body heat, burping, yawning, trembling and shivering.

Flatulence

The Healing Crisis

These are all signs that energy is flowing and blockages are being opened up and released.

The healing crisis may also involve deep emotional issues/mental attitudes resurfacing - this needs empathy and careful attention. If a client presents you with more than you are capable of handling, refer them on to another therapist or a counsellor, psychotherapist or hypnotherapist if this is appropriate. Do not take on more than you are qualified to do so.

Healing Crisis can be avoided or kept to a minimum by always:

Making sure your crystals are cleansed properly before and after treatment

The aura and chakras are cleansed adequately during treatment.

Make sure your client is properly grounded at the end of the session.

You prepare and relax the client and yourself adequately before the treatment

Allow space and time to discuss anything before and after the treatment - don't rush. Relating what has happened in the session to the clients own health picture and help them to understand what is happening. Many clients want to know what you used and why.

Recommend the use of a crystal to use after the session/between sessions, giving adequate advice on how to use it. Gem essences are also a good idea. We'll come to those later.