



## Orientation to Dance Movement Therapy Sessions

Welcome. This is to inform you what you can expect before and during dance movement therapy (DMT) services. Please do not hesitate to contact me, should you have any questions.

### The procedure of Therapy – What to expect?

#### 1. Intake Form

I first ask you or your guardian to fill up the intake form and send it back to me. All information shared by you will remain confidential and the I abide by the Privacy Act (1988).

#### 2. Free Consultation

I offer you a 30-minute free consultation via Google Meet or phone call to discuss services in detail.

#### 3. Service Agreement

I will send you a service agreement via the system and ask you for your agreement.

#### 4. Commencement of Therapy

- a. The first three (3) sessions for Assessment – I will conduct an assessment and risk assessment over the first three sessions. We will discuss and set goals at the end of the third session.
- b. I will provide **a therapy plan** with objectives and goals of the DMT sessions that will guide us on how we can work together. Writing a therapy plan is considered a non-face-to-face session and therefore the fees for the therapy plan will be applied. In case, you try one or three sessions as discussed with me and decide not to continue, I will not provide a therapy plan for you.
- c. When you decide to continue therapy with me, a block of twelve (12) sessions is offered to you. At the 10<sup>th</sup> session, we will review our progress and discuss if we may need to change or add any new goals. Another therapy plan with new goals if identified and agreed may be offered to you or/and your family.

#### 5. Progress Report



I believe that a progress/review report of your therapy sessions will assist you to understand your progress more objectively or support your funding renewal if needed. Please request a report should you require one. Writing a formal progress/review report is considered a non-face-to-face session therefore, the fees will be applied for this purpose. Optionally, we can also informally review our progress by discussion.

## **6. Ending Therapy**

For any reason, life can be unexpected, and you may need to end or pause therapy, or you may think you need some other support. In this case, please advise me in advance so that we give us enough time to bring closure to our therapeutic relationship. We need to discuss how long we may require for the ending to happen. I regard the therapeutic relationship and endeavour to make the transition smoother.

## **7. Fees Guideline**

I review the fees every six months. While this guideline suggests the fees, I will consider personal circumstances and the fees are negotiable. Please do not hesitate to discuss any adjustments with me prior to commencing therapy.

## **8. Consent Form**

I believe that DMT is a practice and evidence-based therapy and I would like to scholarly contribute clinical material. For example, I may write an article about clinical cases, or introduce the approaches and methods that I have utilised in the sessions on relevant occasions. I will first seek consent from you and provide you with the form via the system.

I look forward to working with you.

Best wishes,

Mioi Forster-Nakayama