

Key Skills in Beginning and Ending a Session

This resource is a summary of the videos titled “Beginning a Session” & “Ending a Session” in this series.

Beginning and ending a session with clients are key, critical points in the relationship building phase with clients and are essential to the partnership. The impact of beginning a session well can be the key to the success of the session and ending a session well means we are likely to keep our client engaged for future sessions.

Beginning a session:

Setting clear shared expectations together is essential. When there is a shared understanding, everyone knows what to expect allowing people to be engaged in the session.

- Time - how much time do we have together
- Shared priorities - what were you hoping to get out of the session
- Confidentiality - who is in the room, limits of confidentiality
- Confirm contingency planning if technology fails

Ending a session:

Summarising the session and negotiating next steps allows both practitioner and client to share in the process and be clear about follow up sessions. Clients are more likely to feel engaged and clear about what has been achieved.

- Preparing for an ending
- Confirming agreements
- Follow up appointment arrangements

Copyright © Karitane 2021. All Rights Reserved. This resource may be reproduced with acknowledgement.

PROJECT TEAM



INVESTOR GROUP

Association of Children's Welfare Agencies
Key Assets Australia
Life Without Barriers
NSW Department of Communities and Justice
Social Futures
The Smith Family
Uniting

SUPPORTER

My Forever Family NSW

COMMUNITY OF PRACTICE

Association of Children's Welfare Agencies
Barnardos
Catholic Care Sydney
Catholic Care Wilcannia Forbes
FAMS
KARI
Key Assets Australia
Life Without Barriers
My Forever Family NSW
NSW Department of Communities and Justice
Settlement Services International
Social Futures
The Benevolent Society
The Smith Family
Uniting