

Therapeutic Shamanism

Case History Guidelines



You need permission from a client to use their case as a case history.

Writing a case up does not have to be a hugely detailed piece of work. As a rule of thumb, to give an idea of the level of detail to go into, each case should take between two and a half to three hours to write up (this is on top of the time spent in working with the client).

The main aim of doing the case histories are:

1. To do some structured practice sessions in a professional manner, from start to finish, before setting yourself up as a practitioner.
2. To use these to focus on the two documents 'Structuring 1-1 Work' and 'Practitioner Competencies'.
3. To give evidence of competence as a practitioner.
4. To reflect honestly on your competence as a practitioner.
5. To identify any issues that arise in doing this, and take them to supervision sessions.

Obviously the write-up needs to include the case history material (remove anything that identifies the client, to protect confidentiality, as much as possible), and the details of the journey itself. On top of this though, the main things to keep in mind in writing up a case history are:

- To show how what you did demonstrates the all the points on the 'Structuring 1-1 Work' document. Include copies of emails (remove anything that identifies the client, to protect confidentiality, as much as possible), or brief summaries of any phone conversations.
- To show how what you did demonstrates items from the 'Practitioner Competencies' document. This includes printing out the Competencies document, and ticking the relevant competencies demonstrated in the case example. Obviously not all items in the 'shamanic competencies' section can be demonstrated in a single case, but most items in most other sections will be relevant.