

1. Abstract

This research aimed to explore the ritual the researcher undertakes before meeting clients. The research was rooted in the researchers own experience of how they prepare for practice to ensure they are present for the client.

The rationale for this research was to;

- Examine the researcher's unique way they prepare for practice through examining whether the ritual they undertake prior to greeting clients aids their sense of presence.
- Aid the self-care of the researcher and in turn enhance the researcher's professional therapeutic work
- A response to the researchers personal interest in this experience

The data comprised body scan drawings of before and after the ritual, journal entries made after the ritual took place and also reflexive journaling, writing and drawings created in response to the analysis of the original data. The collected data, in particular, the body scans, offered a way to contextualised what happened within their own body and provided visual evidence of the benefits gained through undertaking this exercise.

This study was a qualitative phenomenological research using an autoethnographic design. In adopting the framework of an autoethnographic enquiry the researcher then linked this to Chang's 10 step strategies of data analysis and interpretation. This process was then further enhanced by combining with Organic Inquiry as part of the analysis and interpretation stage.