

# THE THERAPY PLANNER

*session prep and notes*  
Reflective Planning

WEEK OF:

SESSION DATE:

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SYMPTOMS:

TOPICS TO FOCUS ON:

WHAT I NEED:

WHAT I'M PROUD OF:

I'M AT: MY WORST           MY BEST

## WHAT I'M NOTICING

IN MY BODY:

IN MY MOOD:

IN MY LOGICAL MIND:

IN MY RELATIONSHIPS WITH OTHERS:

IN MY RELATIONSHIP WITH MYSELF:

ABOUT REACHING MY GOALS:

## SESSION TAKE-AWAYS

BETWEEN SESSIONS, I WOULD LIKE TO

# Therapy Techniques Planner

**Jin-Ying Zhang**



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