
PREPARING FOR A THERAPY SESSION (Instructions)

It is important to collect a significant amount of data early in the session in order to set a full agenda and prioritize items. When asked for agenda items, patients do not necessarily name the most important problems on which to work, i.e., the problems they need help with in order to progress. If they think about the questions on this sheet before they enter the therapist's office, they will be much better able to quickly supply the information the therapist needs to set goals and plan a strategy for the session. Patients can be asked to complete this sheet either mentally or in writing immediately before a therapy session (or during the previous day). While helpful for most patients, this worksheet is particularly helpful for patients who avoid thinking about therapy between sessions or who have difficulty summarizing the gist of their week.

Name: _____

Date: _____

PREPARING FOR A THERAPY SESSION (Example)

1. What problems do I want my therapist's help in solving today? What is the *name* of the problem? (for example, problem at work, problem managing at home, problem with my brother, problem with anger)

*Relationship with Pam.
Problems with money.
Feeling lonely.*

2. How have I been feeling this week compared to other weeks?

A little less depressed but more anxious.

3. What happened this week that my therapist should know about? (both positive and negative things)

*Fight with Pam.
Couldn't sit down to pay bills.
My friend forgot to call me on my birthday.
Went swimming.
Got an unexpected call from Denise.
Got invited to go to Florida.*

4. What's coming up between now and my next therapy session that my therapist should know about?

*My yearly evaluation.
My mother is coming to visit.*

5. What did I get done for homework? What did I learn? Is there anything I want to continue doing? Did I have any problems getting my homework done?

*DTR [Dysfunctional Thought Record] when I was upset.
Read therapy notes.
Called Allan.
Went for a walk on four days.*

Doing these things did help me feel better. I should keep doing them.

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2. How have I been feeling this week compared to other weeks?

3. What happened this week that my therapist should know about? (both positive and negative things)

4. What's coming up between now and my next therapy session that my therapist should know about?

5. What did I get done for homework? What did I learn? Is there anything I want to continue doing? Did I have any problems getting my homework done?