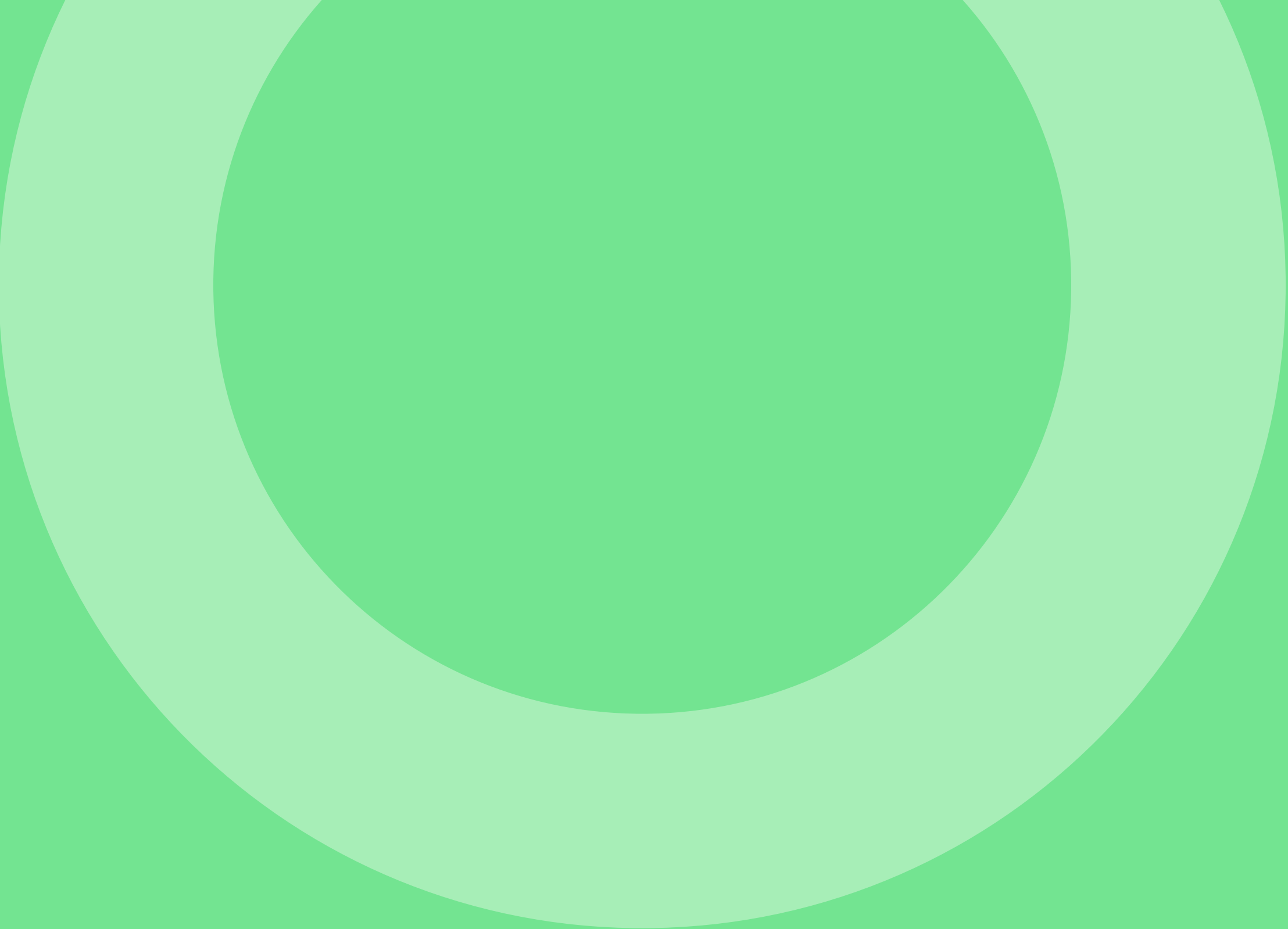




**what
is
a
typical
therapy
appointment?**

A typical therapy appointment, also known as a therapy session, generally follows a structured format but can vary based on the type of therapy and the therapist's approach.

The following slides will provide an overview of what you can expect during a standard therapy session.

Agenda

01

**Check-In &
Review**

02

**Setting the
Agenda**

03

**Discussion &
Exploration**

04

**Skill Building &
Intervention**

05

**Review &
Homework**

06

**Scheduling &
Wrap-Up**

07

**Key Elements of
Therapy Sessions**

08

**Session Length &
Frequency**

01. Check-In & Review:

01

Duration

A few minutes.

02

Purpose:

To touch base with the client about any significant events or changes since the last session.

03

Activities

The therapist might ask how you’ve been doing, discuss any homework or exercises from the previous session, and check in on immediate concerns,

02. Setting the Agenda:



Duration:

A few minutes.

Purpose:

To identify the main topics or issues to focus on during the session.

Activities:

Collaboratively setting goals for what you hope to achieve during the appointment.

03. Discussion & Exploration:

01

Duration:

The majority of the session
(usually 30-40 minuets).

02

Purpose:

To delve into the topics
identified at the start of the
session.

03

Activities

Talking about thoughts,
feelings, behaviors, and
experiences. The therapist
may ask questions to
encourage reflection and
insight, challenge negative
thought patterns, or provide
feedback and observation.

Skill Building & Intervention:

01

Purpose:

To practice new skills or coping strategies.

02

Activities:

The therapist might guide you through specific exercises or interventions, such as cognitive restructuring, mindfulness techniques, or role-playing scenarios.



Review & Homework:

Duration:

Last few minutes of the session.

Purpose:

To summarize what was discussed and outline any tasks or exercises for you to work on before the next session.

Activities:

Setting goals, assigning homework, or planning practical steps for applying insights gained in therapy to daily life.