

First Therapy Session Worksheet

Patient Information

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Reasons for Seeking Therapy

1. **Primary Concerns**

Anxiety related to work and relationships

Difficulty coping with a recent divorce

2. **Motivation for Therapy**

Seeking support to navigate life changes and improve mental well-being

Emotional Exploration

1. **Current Emotions**

Anxiety (7/10)

Sadness (5/10)

Life History and Significant Events

1. **Personal History**

Grew up in a close-knit family

Previous therapy experience in college for academic stress

2. **Significant Life Events**

Recent divorce after a 5-year marriage

Job promotion and increased responsibilities

Goal Setting

1. **Short-Term Goals**

Develop coping strategies for anxiety

Understand and process emotions related to divorce

First Session In Brief Therapy

Michael Rajnik



First Session In Brief Therapy:

Decoding **First Session In Brief Therapy**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**First Session In Brief Therapy**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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