

Follow-Up Appointment Request

Dear [Therapist's Name],

I hope this message finds you well. I am writing to request a follow-up appointment for my therapy sessions. I have found our previous discussions to be very beneficial, and I would like to continue working on my progress.

Could you please let me know your availability for the coming weeks? I am flexible with my schedule and willing to accommodate any time that works best for you.

Thank you for your assistance. I look forward to our next session.

Best regards,

[Your Name]

[Your Contact Information]