

Appointment Follow-Up

Date: [Insert Date]

Dear [Client's Name],

Thank you for attending your counseling session on [Insert Date]. I appreciate your openness and willingness to engage in our discussions.

Session Recap:

During our session, we covered the following topics:

- [Topic 1]
- [Topic 2]
- [Topic 3]

We also discussed some strategies to help you manage [specific issue discussed], including:

- [Strategy 1]
- [Strategy 2]
- [Strategy 3]

For our next session, please consider reflecting on [insert assignment or topic for next session].

If you have any questions or need to reschedule, feel free to reach out.

Looking forward to our next session.

Best regards,

[Your Name]

[Your Contact Information]