

# Letter of Explanation for Therapeutic Approach

Date: [Insert Date]

[Recipient's Name]

[Recipient's Address]

[City, State, ZIP]

Dear [Recipient's Name],

I hope this letter finds you well. I would like to take the opportunity to explain the therapeutic approach we will be using in your treatment.

The therapeutic approach I propose is based on [insert specific therapy model, e.g., Cognitive Behavioral Therapy, Dialectical Behavior Therapy]. This method involves [briefly explain the key aspects of the chosen therapy, e.g., identifying negative thought patterns, enhancing emotional regulation skills, etc.].

Throughout our sessions, we will focus on [insert specific goals or outcomes, e.g., developing coping strategies, improving communication skills, etc.]. I believe that by applying this therapeutic approach, we can work together effectively towards your healing and personal growth.

Please feel free to reach out with any questions or concerns you may have regarding this approach. I am here to support you and ensure you feel comfortable during the therapeutic process.

Thank you for entrusting me with your care. I look forward to our journey together.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]