

Assessment Letter for Cognitive Behavioral Therapy Enrollment

Date: [Insert Date]

To Whom It May Concern,

I am writing to formally recommend [Client's Name] for enrollment in the Cognitive Behavioral Therapy (CBT) program. After conducting a comprehensive assessment on [Insert Date of Assessment], we have identified several areas that would benefit from CBT intervention.

[Client's Name] has expressed concerns about [briefly describe issues such as anxiety, depression, etc.], which have significantly impacted their daily functioning. Our assessment included [mention assessment tools used, e.g., standardized questionnaires], which indicate [insert relevant findings].

Based on this evaluation, I believe that the structured approach of CBT will provide [Client's Name] with valuable skills to manage their symptoms and improve their overall well-being.

If you require any additional information or wish to discuss this recommendation further, please feel free to contact me at [Your Contact Information].

Thank you for considering this request for enrollment.

Sincerely,

[Your Name]

[Your Title]

[Your Organization]