

Welcome to Your Cognitive Behavioral Therapy Journey

Dear [Client's Name],

We are delighted to welcome you to our therapy practice and commend you for taking this important step towards improving your mental well-being. Below you will find essential information to help you prepare for your upcoming sessions.

Session Details

First Session Date: [Date]

Time: [Time]

Location: [Address or Online Platform Link]

What to Expect

- Initial assessment of your concerns and goals.
- Introduction to the principles of Cognitive Behavioral Therapy.
- Discussion of confidentiality and your rights as a client.

Preparation for Your First Session

Please take a moment to reflect on the following topics:

- Your main concerns or issues.
- Your goals for therapy.
- Any previous therapeutic experiences.

Contact Information

If you have any questions or need to reschedule your session, please do not hesitate to reach out to us at:

Email: [Email Address]

Phone: [Phone Number]

We look forward to working with you and supporting you on your journey.

Warm regards,

[Therapist's Name]

[Practice Name]