

Dear [Client's Name],

We are excited to invite you to begin your cognitive behavioral therapy (CBT) journey with us. This therapeutic approach has been shown to be effective in addressing various mental health challenges, and we believe it can be a valuable tool for your personal growth and wellbeing.

Your first session is scheduled for [Date and Time] at [Location/Online Platform]. During this initial meeting, we will discuss your goals, expectations, and any concerns you may have. We are here to support you every step of the way.

Please confirm your attendance by replying to this email or contacting us at [Phone Number].

We look forward to embarking on this journey together!

Warm regards,

[Your Name]

[Your Title]

[Your Practice's Name]

[Contact Information]