

Welcome to Your Cognitive Behavioral Therapy Intake

Dear [Client's Name],

Welcome! We are pleased to have you join us for your cognitive behavioral therapy (CBT) journey. Your decision to seek help is an important step towards improving your mental health and well-being.

During our intake session, we will discuss your goals, concerns, and the challenges you may be facing. This information will help us tailor the therapy to best suit your needs.

Please arrive [insert time] on [insert date] at [insert location]. If you have any questions prior to our meeting or need assistance, do not hesitate to reach out.

We look forward to working together towards your goals.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]