

First Therapy Session Worksheet

Patient Information

Name: Emily Johnson

Date of Birth: 05/15/1985

Contact Information: emily.j@email.com | (555) 123-4567

Emergency Contact: Sarah Johnson (sister) - (555) 987-6543

Reasons for Seeking Therapy

1. **Primary Concerns**

Anxiety related to work and relationships

Difficulty coping with a recent divorce

2. **Motivation for Therapy**

Seeking support to navigate life changes and improve mental well-being

Emotional Exploration

1. **Current Emotions**

Anxiety (7/10)

Sadness (5/10)

Life History and Significant Events

1. **Personal History**

Grew up in a close-knit family

Previous therapy experience in college for academic stress

2. **Significant Life Events**

Recent divorce after a 5-year marriage

Job promotion and increased responsibilities

Goal Setting

1. **Short-Term Goals**

Develop coping strategies for anxiety

Understand and process emotions related to divorce

First Session In Brief Therapy

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First Session In Brief Therapy:

First Session In Brief Therapy Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has been evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **First Session In Brief Therapy**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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