



Psychotherapy Notes: A Therapy Notebook with Sections To: Complete Before You Have Therapy, to Record Your Mood, to Write Your Reflections After Sessions, to Record Painful Memories, and to Keep a Record of

By Dr James Manning, Dr Nicola Ridgeway

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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you considering therapy? Therapy or counselling can be quite daunting if you have not been through such processes before and keeping a journal of therapy experiences is highly recommended by therapists. This therapy journal will help you to Gain a deeper understanding of yourself as you progress through therapy Clarify your thoughts and feelings, and Reflect on your progress in therapy Therapy Notes has been structured by experienced clinicians to help you with Preparing for therapy Monitoring your mood as you progress through therapy Recognising your thoughts and feelings Reflecting on your therapy sessions Recording life events to be addressed in therapy Structuring painful memories that need to be worked on in therapy, and Keeping a record of your dreams This book will be an ideal companion for you as you enter therapy or counselling and will also make a thoughtful gift if you know someone else who is about to go through therapy. Award winning books written by the authors include A Journey With Panic. ISBN 978-1535570855 CBT Worksheets. ISBN 978-1532792946 Fused: A Memoir of OCD. ISBN 978-1540413536 How to...



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