

## THERAPY SESSION AGENDA

### **Note to Therapist:**

Some clients are highly motivated to get the most out of their therapy sessions, but others find it hard to focus on their therapy goals. Many clients have trouble focusing beyond the ongoing crisis in their lives. They use their session time to talk about an immediate problem without taking an opportunity to learn skills that can help them make long-term progress.

This worksheet is designed to help you and your client create an agenda for a therapy session. You can email it to a client prior to the session, give it to a client in the waiting room, or you can use it for your own notes.

Most evidence-based therapy focuses on teaching specific skills, such as regulating emotions, improving social skills, or developing a value-based lifestyle. Using a Session Agenda allows you to integrate your skill-building work with your client's immediate needs and concerns.

## THERAPY SESSION AGENDA

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

1. **Life-interfering Behaviors:** Are there things we should discuss that are so serious in nature they present a danger to yourself or others?

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2. **Therapy-interfering Behaviors:** Are there things you are doing that interfere with your receiving effective therapy? These could include tardiness, missing sessions, not completing assigned homework, or withholding important information about yourself.

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3. **Quality of Life Problems:** Are there any issues that are affecting your day-to-day life, such as substance abuse problems, risky sexual practices, criminal behaviors, financial problems, or work- or school-related problems?

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4. **New Skills to Learn:** What current problems would you like to work on in therapy? What solutions have you tried? What emotional and behavioral skills or strengths do you have that might be used to address these problems?

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5. **Short-Term Goals:** Is there one particular thing you want to accomplish in today's session?

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**Comments:**

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