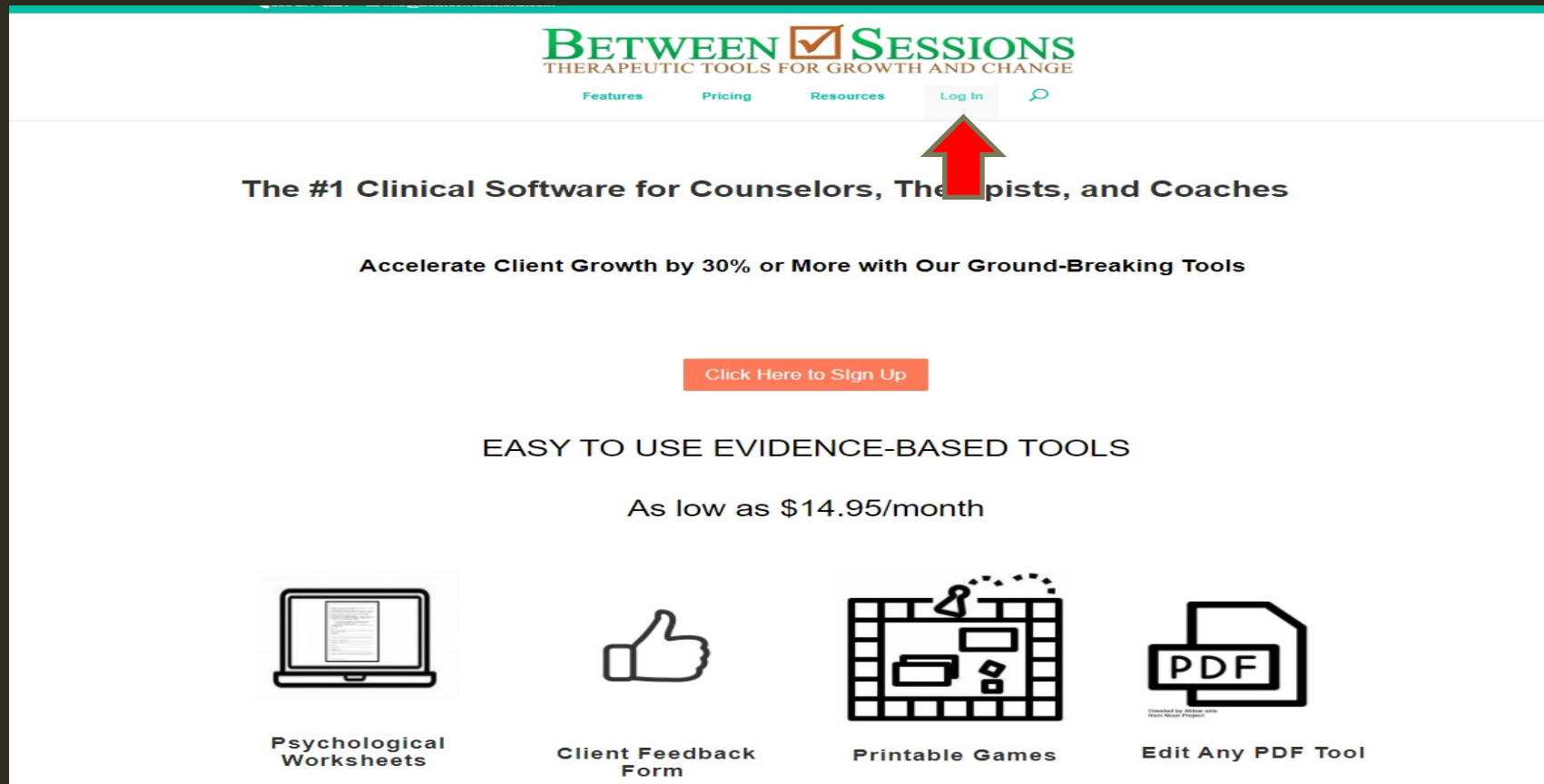


Using Your Library of Tools


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BETWEEN SESSIONS
THERAPEUTIC TOOLS FOR GROWTH AND CHANGE

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- 
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Go to your home page

The screenshot shows the website's home page with several annotations. At the top, the navigation bar includes 'Home', 'My Tools', 'Libraries', 'Resources', 'My Account', and 'Logout'. A teal banner at the top right contains the phone number '866-277-0221' and email 'info@BetweenSessions.com'. The main header features the 'BETWEEN SESSIONS' logo with a checkmark icon and the tagline 'THERAPEUTIC TOOLS FOR GROWTH AND CHANGE'. Below the navigation is a red 'NEW TOOLS' banner with a search bar. A yellow callout box with a red arrow points to the left navigation area, stating 'Check your news feed for updates and information about the site.' Another yellow callout box points to the 'NEW TOOLS' banner, stating 'New tools are added on your home page every week.' The main content area displays four tool cards: 'Helping Children Cope with Loss: Using the CHLD Technique', 'Meal Planning to Eliminate Binge Eating', 'Tips for Handling Disasters', and 'Nurturing Your Creativity with a Dream Diary'. Each card has a title, a brief description, and buttons for 'Remove from MY TOOLS', 'Send / Edit', and 'View / Print'. A teal sidebar on the left contains sections: 'Using Your Library of Tools', 'Editing Forms and Sending Them to Clients', 'We Upload a New Tool Every Day!', and 'Upgrade At Any Time!'. The bottom of the page features a teal footer with the text: 'You are currently enrolled for the Coaching Library, but you can'.

Check your news feed for updates and information about the site.

New tools are added on your home page every week.

Using Your Library of Tools

Your Library includes over 2,000 downloadable tools to be used in adult therapy, counseling, and coaching. New tools are added every week and will appear on this home page. With each tool you have four options: save it to your "My Tools," view and print it out, edit the tool, or send it to a client. Watch the tutorial here.

Editing Forms and Sending Them to Clients

You'll find more than 100 forms to use in your practice and you can modify them easily with the **Psychology Forms Filler** that comes with your membership. Click **Edit/Send** by any form, and the Forms Filler will open. Then use the editing tools to add your logo, your practice information, and so on. Once you're done, you should save a copy of the form you created by downloading it to your computer for later use. You can also send it directly to a client by clicking the **SEND** button. Your client will get a notification that the form has arrived and they can then fill it out online and send it back to you with one click. Once your client has filled out the form, they can save it and send it back with one click. [Click here to see the tutorial.](#)

We Upload a New Tool Every Day!

We have over 1,000 printable tools to help children and teens with emotional and social learning as well as specific mental health problems. You'll always find new tools posted every week, right here on your Home Page. From here you where you can print them out, save them to your personal library (My Tools), edit them, or send them to a client.

Upgrade At Any Time!

You are currently enrolled for the Coaching Library, but you can

Helping Children Cope with Loss: Using the CHLD Technique

Objective: To assist the child to understand the concept of death and to increase the child's ability to cope with loss.

What to Note: This worksheet is designed to help children understand the concept of death and to increase their ability to cope with loss. It is intended for use with children who are experiencing a loss of a loved one.

Instructions: 1. Read the worksheet to the child. 2. Discuss the worksheet with the child. 3. Have the child complete the worksheet. 4. Review the worksheet with the child.

Helping Children Cope with Loss

This worksheet encourages adults to follow the CHLD technique to help children who

Meal Planning to Eliminate Binge Eating

Objective: To identify basic strategies to monitor long-term eating habits through meal planning.

What to Note: Meal planning is a key strategy to help you manage your eating habits. It involves planning your meals in advance, which can help you avoid binge eating.

Instructions: 1. Write down your goals for meal planning. 2. List the foods you want to eat. 3. Plan your meals for the week. 4. Prepare your meals in advance.

Meal Planning to Eliminate Binge Eating

This worksheet helps people learn meal planning techniques to control their binge

CONNECTING WITH OTHERS

Seeking Social Support

Options: 1. Join a support group. 2. Talk to a friend. 3. Call a helpline. 4. Write to a support group. 5. Meet with a counselor. 6. Join a community group. 7. Attend a support group. 8. Contact a support group. 9. Join a support group. 10. Attend a support group.

Tips for Handling Disasters

The brochure contains a variety of helpful information on how to deal with disasters from

Nurturing Your Creativity with a Dream Diary

Objective: To explore the creative process of having personality centered. One of the ways to explore creativity is the exploration of your personality. It is a process of self-discovery.

Instructions: 1. Write down your dreams. 2. Discuss your dreams with a friend. 3. Write down your thoughts and feelings about your dreams. 4. Share your dreams with a friend.

Nurturing Your Creativity with a Dream Diary

This worksheet is designed to help teens see the value of responsible behavior (0721.

Use the buttons by each tool to view or print a tool, add to your personal Tools Library, or edit and send to a client

Using Your Library of Tools

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BETWEEN SESSIONS
THERAPEUTIC TOOLS FOR GROWTH AND CHANGE

Home My Tools Libraries Resources My Account Logout

NEW TOOLS

Remove from MY TOOLS Send / Edit View / Print Add to MY TOOLS Send / Edit View / Print Add to MY TOOLS Send / Edit View / Print Add to MY TOOLS Send / Edit View / Print

Helping Children Cope with Loss: Using the CHILD Technique

Meal Planning to Eliminate Binge Eating

Tips for Handling Disasters

Nurturing Your Creativity with a Dream Diary

This worksheet encourages adults to follow the CHILD technique to help children who

This worksheet helps people learn meal planning techniques to control their binge

The brochure contains a variety of helpful information on how to deal with disasters from

This worksheet is designed to help teens see the value of responsible behavior. (0721)

Choose your Library

The screenshot shows the 'Between Sessions' website interface. At the top, there is a teal header with contact information: '956-277-0221' and 'info@BetweenSessions.com'. The main navigation bar includes 'Home', 'My Tools', 'Libraries', 'Resources', 'My Account', and 'Logout'. A red arrow points to the 'Libraries' dropdown menu, which is open and lists the following options: 'Adults', 'Teens', 'Children', 'Practice Management Forms', 'Coaching', and 'Manage Libraries'. Below the navigation, there is a section for 'My Tools' with a 'Newest' dropdown menu. The main content area displays three tool cards, each with a thumbnail, title, description, and three action buttons: 'Remove from MY TOOLS', 'Send / Edit', and 'View / Print'. The first card is titled 'Helping Children Cope with Loss', the second is 'Conscious Uncoupling', and the third is 'Evaluating the Problems in Your Relationship'.

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BETWEEN SESSIONS
THERAPEUTIC TOOLS FOR GROWTH AND CHANGE

Home My Tools **Libraries** Resources My Account Logout

Adults
Teens
Children
Practice Management Forms
Coaching
Manage Libraries

This is your personal collection of tools and forms. When you add a new form, it will instantly be added to your library.

Newest

Helping Children Cope with Loss
This worksheet encourages adults to follow the CHILD technique to help children who have experienced a loss. The acronym stands for: Consider, Honesty, Involve, Listen, and Do It Again.

Remove from MY TOOLS Send / Edit View / Print

Conscious Uncoupling
This worksheet goes through the basic principles of Conscious Uncoupling, a five-step process used to end a relationship with a minimum of anger and stress (0121, divorce, relationships)

Remove from MY TOOLS Send / Edit View / Print

Evaluating the Problems in Your Relationship
This worksheet encourages couples to identify problems they are experiencing in their relationship to start communicating about them. (0121, marriage therapy, couples counseling, relationships, communication)

Remove from MY TOOLS Send / Edit View / Print

Use the left navigation to choose categories of tools or put a keyword in the search bar

The screenshot displays the website interface for 'BETWEEN SESSIONS THERAPEUTIC TOOLS FOR GROWTH AND CHANGE'. At the top, there is a teal header with contact information: '866-277-0221' and 'info@BetweenSessions.com'. Below the header is a navigation bar with links for 'Home', 'My Tools', 'Libraries', 'Resources', 'My Account', and 'Logout'. A search icon is also present.

The main content area is divided into two sections. On the left is a vertical navigation menu listing various categories: Activity Books, Addiction, ADHD, Anger Control, Anxiety Disorders, Asperger Syndrome, Assignment Books, Autism, Bullying, Career, Child Abuse Prevention And Treatment, Depression, Divorce, Grief And Loss, Health Issues, Marriage, Miscellaneous, Other Interactive Books, Parenting, Relationships, Self Injury, Social Skills, Spirituality, and Workplace Issues. A red arrow points to this menu.

The right section is titled 'Adults' and features a search bar with a 'SEARCH' button. Below the search bar, there is a paragraph of text: 'Studies tell us that when professionals prescribe therapeutic homework, clients report significantly better outcomes. Our worksheets are derived from evidenced-based therapies, and they are designed by experienced professionals. Use the navigation links on the left of this page to view tools in a specific category. Or use the search box at the top of this page to find the exact tool you are looking for.' This is followed by another paragraph: 'To modify the tools, click the Send to Client Button by each tool to open up our Psychology Forms Filler. You can then modify the tool as you see fit and either print it out or send it to a client to be filled out online. [Click here](#) for a tutorial on using the Psychology Forms Filler.' A final paragraph states: 'If you can't find what you are look on this site, please let us know by clicking [here](#) and our team of writers, graphic artists, and therapists will custom design it for you.'

Below the text are two tool cards. The first card is titled 'Helping Children Cope with Loss' and includes a thumbnail of a worksheet, a description: 'This worksheet encourages adults to follow the CHILD technique to help children who have experienced a loss. The acronym stands for: Consider, Honesty, Involve, Listen, and Do It Again.', and three buttons: 'Remove from MY TOOLS', 'Send / Edit', and 'View / Print'. The second card is titled 'Nurturing Your Creativity with a Dream Diary' and includes a thumbnail, a description: 'This worksheet is designed to help teens see the value of responsible behavior (0721, responsibility, family issues)', and three buttons: 'Add to MY TOOLS', 'Send / Edit', and 'View / Print'.

You can keep Tools you like in your 'My Tools' personal Library

866-277-0221 info@BetweenSessions.com

BETWEEN SESSIONS
THERAPEUTIC TOOLS FOR GROWTH AND CHANGE

Home My Tools Libraries Resources My Account Logout

MY TOOLS

SEARCH

This is your personal collection of tools and forms. When you click on "Add To MY TOOLS," underneath the description of any form, it will instantly be added to your library. You can also sort the documents in your library using the pull down menu below.

Newest

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Remove from MY TOOLS Send / Edit View / Print

Different Subscription Levels Have
Different Libraries

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YOUR 7-DAY FREE TRIAL