



PEAKS
COUNSELING
THERAPY MATE

**A WORKBOOK TO HELP GUIDE AND TRACK
YOUR THERAPEUTIC PROGRESS**



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How Can This Book Help Me?

This book is meant to be your aid in the therapeutic process. In most counseling sessions, many topics are discussed between the client and the therapist. While it is beneficial to be talkative and expressive in sessions, it can also be very easy for a client to leave their appointment forgetting some of the main suggestions or strategies discussed. Many times, it is exhausting to talk about our emotions and due to this, it can be hard to remember key items from your therapy visit. This book is meant to help you track your progress, to keep note of important topics discussed, and to assess your goals along the way. The hope is that this workbook can also serve as something to look back on after treatment has ended. It can serve as a friendly reminder to all the hard work you committed to and it can provide you with reminders if you ever feel like you are falling behind. Most importantly, this book is meant to serve YOU! You can bring it to your sessions with you or keep it at home and write in it at your leisure. Your therapist will never ask to see your workbook unless you would like to discuss your entries. If there are some days that you don't want to fill it out, that's OK! You are free to use this workbook however you deem fit. This is simply meant to be an aid to help you along. Use it how you'd like. Most importantly, kudos to you for being here and taking the next steps to feeling your best!



About Me

Write about who you are and the struggles and successes you have had in your past and present:



What Led Me to Counseling?

Describe what made you choose the proactive decision to start treatment. Was there a situational event? Did someone encourage you? Did you just decide to make some changes in your life? Whatever your reason, write about it here.



Goals of Counseling

Write about the goals you hope to attain over the course of your treatment. Whether or not you have one specific goal or multiple goals, list and write them out here. Feel free to continue to add new goals throughout the course of counseling.

● SESSION REFLECTIONS ●

DATE:

SESSION #

In this section, you will have multiple pages to keep track of specific sessions and strategies and concepts you may have learned. This is a chance to be mindful of your discussions and write down anything pertinent that may have been discussed at your appointment. Use this section to reference past entries as well so that you can stay on track!



● SESSION REFLECTIONS ●

DATE:

SESSION #

Use this area below to record important concepts discussed from your counseling session today. You can choose to reference what was discussed, homework, and any goals you've set.



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End of Treatment Insights

Congrats on reaching the end of your treatment! You've worked hard to reach this point and should feel so proud! Use this section to discuss your experience of the therapeutic process. Feel free to write about the ups and downs, the hardest moments, and the largest obstacles you had to overcome to reach this point. Feel free to also discuss where you were when you began counseling to where you've now ended up. Use this section to just share your thoughts about reaching this point. Take your time to analyze the steps you had to take to get here and where you plan to go next.

Here's to you!
