

ALTERNATIVE THERAPY STL



INTENTIONAL THERAPY WORKBOOK

MADE BY EMMA DONOVAN, LPC

WELCOME TO THIS WORKBOOK!

If there's one word I would use to describe what sets powerful therapy sessions apart from lackluster sessions it is this: **intention**. Most people come to therapy with specific problems to solve, pinpointed goals, and overarching intentions, only to lose sight of them over time.

It's important not to fall into a routine in therapy where you forget your original intentions and just use the session as a place to let off steam. Don't get me wrong - sometimes processing is exactly what you need from a session... but for it to have value, **it must be intentional**. By this I mean that you are mindfully choosing how to spend the time in a way that is in accordance with your highest good.

After several years working 1 on 1 with clients, I have noticed that the people who take time to reflect on their goals, create intentional space before and after sessions, and mindfully reflect on how they want to spend their sessions tend to have the best outcomes. **And I care about your outcomes!**

Therefore, I've compiled a short checklist for before and after sessions, as well as some journaling prompts to help you have your most powerful therapy sessions. I hope it helps you. Enjoy!

-Emma Donovan, MA, LPC

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Pre and Post–Session Checklist

Use the following checklists to ensure that you are prepared for your therapy session and reap optimal benefits out of it. Prepare for a powerful session!

The Checklist: For Before Your Session

- ☐ Create mental white space before the session. Silence your phone, minimize distractions, and connect quietly with yourself.
- ☐ Remember your current goals that we created together. (There is space provided in this workbook to write them down).
- ☐ Bonus points: Sit in quiet meditation for a few moments to let anything bubble up to the surface that might need attention today.
- ☐ Reflect on the provided journaling questions.
- ☐ Take steps to ensure that you won't be interrupted during the session.

The Checklist: For After Your Session

- ☐ Create mental white space after the session. This will allow you to fully integrate what happened in the session.
- ☐ Journal, leave a voice note, or share with a trusted loved one about your session. This will help you more fully integrate the session.
- ☐ Make sure to tie the session back to your wider goals and your daily life as a whole.

YOUR THERAPY GOALS

Write down the biggest therapy goals you're currently working on. There is no need to do this before every session until your goals change. I've included 7 spaces for you to write them in, but if you have fewer than 7, that's perfectly okay!

Goal 1	
Goal 2	
Goal 3	
Goal 4	
Goal 5	
Goal 6	
Goal 7	

Pre–Therapy Reflection Questions

Now that you have written down and reflected on your goals, it is time to do a pre-therapy reflection. This will only take a few minutes before each session. This small time investment will make your sessions more powerful!

What is my bigger “why” for therapy in general?

What about the last session most stuck with me?

Are there any threads from the last session that I want to carry over to work on in today’s session?

Pre–Therapy Reflection Questions, Continued

What are the biggest things I’m struggling with... since we last met? This week? Today?

What topic do I want to focus the session on today?

What is my specific intention for the session?

Post–Therapy Reflection Questions

What are my key takeaways from the session today?

How do I plan to integrate my experiences, insights, growth, and/or healing from this session into the rest of my life?

What ideas do I have for things to focus on next in therapy?

That's It!

**YOU'RE ONE STEP CLOSER TO
YOUR THERAPY GOALS.**

*NOT A THERAPY CLIENT YET BUT WANT TO BECOME
ONE? REQUEST YOUR CONSULT [HERE](#).*

Emma Donovan

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