

# Session Planner

The purpose of this Session Planner is to keep us both better connected to your therapy goals and help with preparation and follow-through. It is also a place you can log observations and needs you may identify between sessions that might otherwise be forgotten. Note: Complete the first and second sections today – and then complete the third section before your next session (Hint: Use bullet points/trigger words.) And YES – this means you will want to keep this paper somewhere you can find it so you can refer to it between session and bring it with you next time! 😊

**TO COMPLETE DURING OR JUST AFTER SESSION:** Were you given any assignments, tasks, or homework to complete? Are there specific deadlines? Write them down NOW.

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**MATERIALS:** What do you need to have with you for your session (such as this form, cell phone, homework, copayment, ID, paperwork, forms, notes, other materials?) Gather these materials.

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**SESSION PREPARATION:** What is most important for you to discuss in this session? What did you observe, experience, try since we last met? Where did you struggle/succeed? Do you want to cover something specific?

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What does Dr. Romo need to know from you (homework updates, recent changes, any urgent matters?)  
What information is most important for you to share/provide?

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Do you need anything in particular from this session (such as a signed document, referral, specific instructions, phone number, etc.)

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