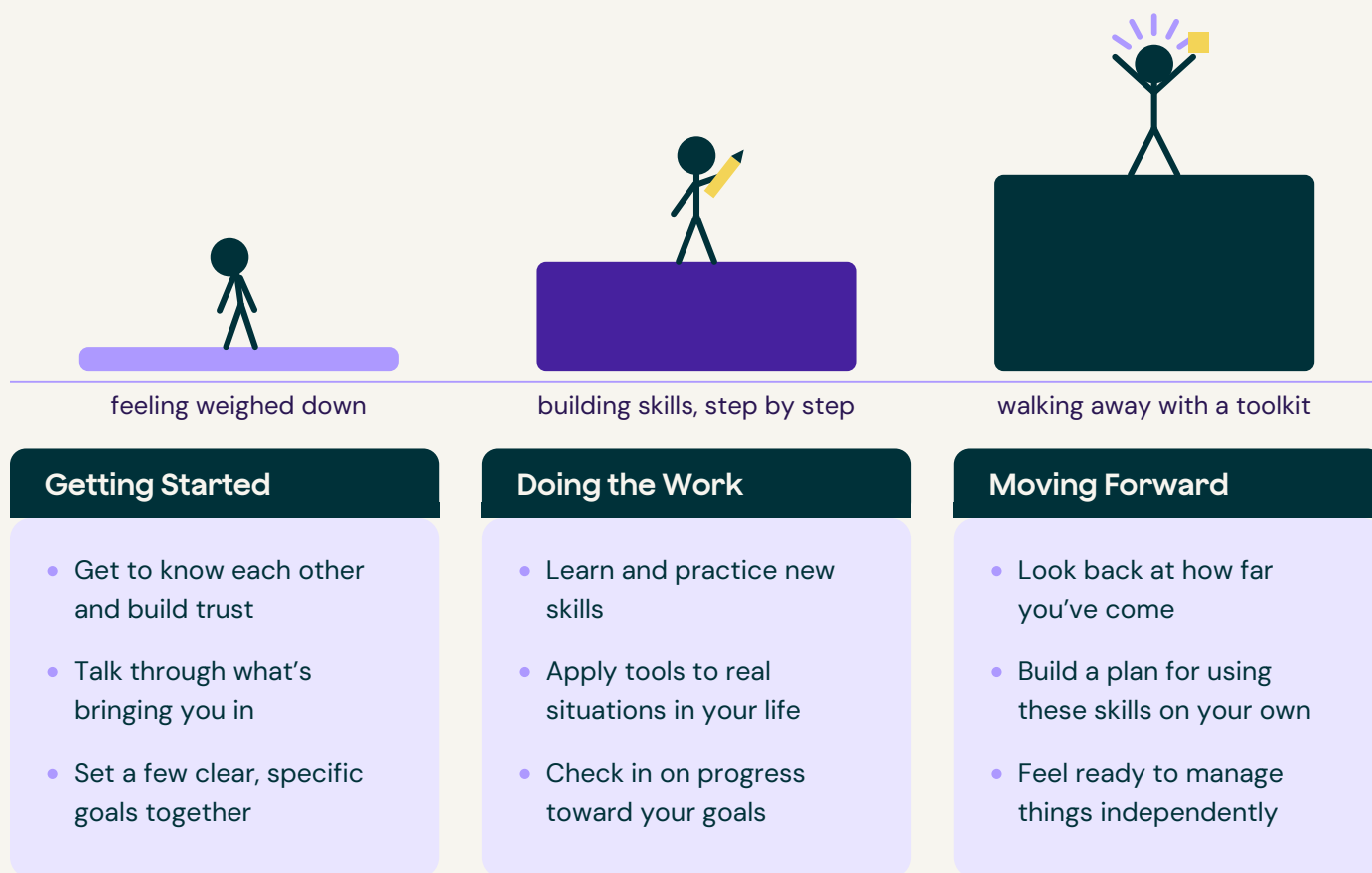


Your Therapy Journey

What the beginning, middle, and end of care can look like

For many people working through challenges like anxiety or depression, therapy works best as a focused chapter with a clear beginning, middle, and end, rather than an open-ended pursuit. Here's a general idea of what that chapter can look like. Your therapist will talk with you about what fits your specific situation.



A note on timing

Everyone moves through these stages a little differently, and that's okay. Reaching "Moving Forward" doesn't mean things are perfect. It means you've built skills you can keep using on your own, with the option to come back if you ever need support again.

My focus area(s) for this chapter of care: _____

About how long we expect to work together: _____