

**Table 4.1**  
**Therapy Session Stages**

<b><u>Pre-Session Stage</u></b>	
Review Client Information	A few minutes reviewing client information before session can increase therapy efficiency and effectiveness; includes therapeutic notes from previous session and recent life events.
Pre-Session Formal Assessment	Take time to have assessment completed right before session starts or early in session; provide immediate feedback.
<b><u>Early Session Stage</u></b>	
Check-In	Personalize greeting by remembering any recent relevant events between sessions; try to elicit positive experiences.
Mood and Symptom Check	Ask open-ended questions to elicit emotions to recent events; can rate symptom distress severity; option to provide feedback on pre-session assessments; follow-up on medications.
Set Agenda	Agenda items guide direction of session; should be tentatively planned before session starts and collaboratively reviewed with client; as therapy progresses, clients have a more direct role in developing agenda.
Review Homework	Must be integrated into each session; reviewing the previous sessions' homework provides an opportunity to assess client progress and focus on current goals and interventions.
<b><u>Middle Session Stage</u></b>	
Review Problem	Focus on a specific agenda item; most problems are contributing to client distress or an extension of client distress; focus should still be tied to specific goals and interventions.
Problem Solving	Collaboratively decide on appropriate cognitive-behavioral techniques to approach the problem; need to assure intervention approach matches clients' needs and treatment goals.

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Feedback and Summarize	Provide periodic feedback of encouragement and redirection; should be a continuous and reciprocal process; can assess current symptom distress; summarize key points related to the agenda, including rationale for approach, what was learned, relation to treatment goal, and steps moving forward.
<b>Late Session Stage</b>	
Summarize Session	Focus is on summarizing the overall theme of the session; integrates cognitive-behavioral model in relation to interventions; demonstrates to client progress made towards symptom distress; clients can take lead as therapy progresses.
Assign Homework	Should be based on current session content and relevant to next session's content; the more clients understand, the more likely they are to complete homework.
Final Questions and Feedback	Formally ask what client thinks about the overall experience of therapy; if positive, consider what is effective; if negative, consider what can change.