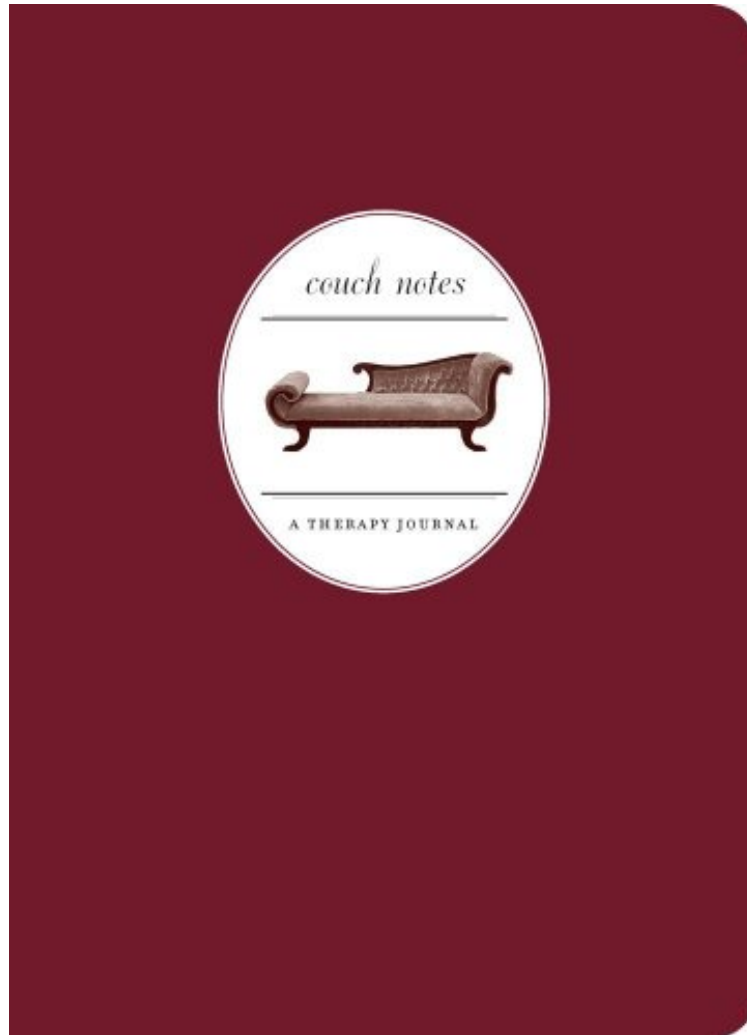


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Couch Notes: A Therapy Journal (Guided Journals)

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From Brand: Cider Mill Press : Couch Notes: A Therapy Journal (Guided Journals) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Couch Notes: A Therapy Journal (Guided Journals):

0 of 0 people found the following review helpful. Guided? Not really. By Ginger J. If I'd wanted a blank, lined journal with trite and terse "inspirations" printed every few pages, then I would have purchased such a journal. This is not a self-guided journal at all, but rather a handy place for one to write one's thoughts during a real-life therapy session with one's therapist or psychologist. The first few pages are devoted to "goals for therapy", the bulk of the book is for one's therapy sessions, and the end is reserved for "that was then, this is now" reviews of past sessions. It's a therapy diary, not a self-help book at all. I was expecting something else based on the book's description, and am thusly

disappointed. 1 of 1 people found the following review helpful. The Perfect Journal for Those Going Through a Rough Time By Jill Tamari I absolutely love this journal. When I was going through a rough time, it was so great to have a separate space into which I could pour my thoughts, emotions, fears, anxieties... anything! It was also an amazing way to chart my progress - as I pulled myself out of this dark time in my life, it was truly inspiring to look back at where I'd been emotionally when I first bought the journal compared to how I felt a year later, when I'd filled it! There are useful side bars and comments along the way, and it's just a great, welcoming journal! I recommend it to all! 0 of 2 people found the following review helpful. blank journal By Terry It was basically a blank journal and that's not what I wanted so I sent it back.

From Freud to Jung to Dr. Melfi on *The Sopranos*, psychoanalysts real and fictional have been scribbling session notes for over a century. Why shouldn't patients do some writing of their own, too? No matter if the user of this elegant, high-quality journal has undergone therapy for years, or is just about to embark—or even if there's no couch involved: it will still serve as a tool for enhancing focus, planning, reflection, and memories. Get the most out of those precious 50 minutes by jotting down and referring to goals, thoughts on that week's session, dreams (with descriptions of common symbols included), and everything that's happening in your daily life that the therapist should know about. Inspiring quotes abound throughout the journal.