

POST SESSION WORKSHEET

Dr. Jane Bolton, PsyD, LMFT, CC
Psychotherapy and Master Results Life Coaching

NAME: _____ DATE: _____

1. What did you cover today that's important for you to remember?
2. What homework would be helpful for you to do before our next session?
3. How much did you feel you could trust Dr. Jane today? (0%-100%)
4. Was there anything that bothered you about our session today? If so, what was it?
5. How much preparation had you done for the session today?
6. How likely are you to prepare for the next session? (1%-100%)
6. What do you want to make sure to cover in the next session?

Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit www.Dr-Jane-Bolton.com