



SESSION PREPARATION FORM

Preparing for your session in advance allows us to stay focused on the issue(s) at hand. While there will be times when you will simply need to vent and brainstorm, I prefer to have an outline that allows us to dissect the current issue(s) and discuss strategies or action items.

Focus Topic(s) or Current Situation- Do you have an upcoming court date to discuss? What are you currently struggling with? Some examples include: learning to document, lacking an emotional support system, finding your boundaries or locating your warrior voice? Please give me a brief synopsis of what the current issues are in your divorce or custody battle:

Tell me the five things that are weighing most heavily on your mind:

1.
2.
3.
4.
5.