

-
-
-
-



GOALS TO ADDRESS

-
-
-
-



MAIN POINTS FOR SESSION

-
-
-
-



INTERVENTIONS & MATERIALS



PRE-SESSION PLANNER



POST-SESSION REFLECTION



SESSION NOTES & THEMES

-
-
-
-



HOMEWORK ASSIGNED

-
-
-
-



MY FOLLOW UP PLAN

-
-
-
-

Belongly



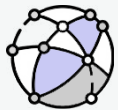
The community for mental health professionals.

A free, secure space for mental health professionals to collaborate with and meet new colleagues, support each other with referrals and stay connected to a trusted network of peers.

[Join Today](#)

[Learn More](#)

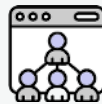
Belongly is a secure private platform. Currently, we only accept US-based therapists.



Connect

Meet other psychologists, social workers, and mental health professionals who share your specialties, interests, and day-to-day challenges.

[See who's on Belongly](#)



Collaborate

Consult on cases, securely discuss specific issues, and learn from a protected space. Help one another by giving and receiving professional support.

[Get Connected](#)



Curate

With Belongly, you can find and subscribe to the latest industry news, research, and curated articles you need to stay current and informed.

[Subscribe To Publications](#)



Cultivate

Grow your practice with referrals from the community, and develop your business with tools, advice, best practices, and continued training.

[Exchange Referrals](#)