

Plan Practice Between Sessions

Clinical practice and supervision | Clinicians | 10 to 15 minutes

Create a small, client-chosen practice task with a realistic review plan.

Between-session practice should serve an agreed treatment goal and fit the client's actual life. Use this page to define the activity together. Declining or changing a task is information about fit, not automatic evidence of resistance.

Connect the practice to purpose

Explain how the activity relates to the client's goal and ask whether the connection makes sense. Choose a brief action, such as trying one request, noting one trigger, or practicing one settling option.

Check feasibility before agreement

Ask about time, privacy, energy, language, resources, and emotional impact. Have the client explain or demonstrate the first step. If the plan feels too large, reduce it or choose an alternative rather than securing reluctant agreement.

Plan a useful review

Decide what to notice, how much to record, and when to revisit it. Include what to do if the exercise increases distress or feels unsafe: stop and use the agreed support plan. Review barriers without blame at the next meeting.

Agreed goal and the practice chosen by the client

When, where, and the first step

Likely barrier and a smaller alternative

What to notice and when we will review