

Structure a Collaborative Therapy Session

Clinical practice and supervision | Clinicians | 50 minutes

Organize a flexible session around the client's priorities, practice, and feedback.

Use this structure within an individualized treatment plan and your scope of competence. The sequence is a guide, not a protocol for every presentation. Urgent concerns, risk assessment, or a rupture may appropriately change the entire session.

Minutes 0 to 8

Check changes since the last meeting, current needs, and safety as clinically indicated. Use direct follow-up rather than assuming absence of risk from a general mood check.

Minutes 8 to 15

Use CLN01 to agree on a focus. Review the relevant goal with CLN02 and ask whether it still reflects the client's priorities. Discuss a needed change openly.

Minutes 15 to 25

Explore one recent example. Separate reported information, observation, and interpretation using CLN03. Ask about context and alternative explanations before selecting an intervention.

Minutes 25 to 40

Introduce and rehearse one suitable intervention with consent. Explain its purpose, invite modification, and observe the client's response. Stop or change course if it is unhelpful or overwhelming.

Minutes 40 to 46

Use CLN04 to choose optional practice or another next step. Check feasibility, privacy, access, and support needs. Ask the client to describe the plan in their own words.

Minutes 46 to 50

Invite feedback about what helped and what missed the mark. Clarify unresolved needs, follow-up, and relevant support pathways. Document the actual work and decisions.

Session outcome, client feedback, and agreed next step