

# THE THERAPY PLANNER

*session prep and notes*  
Reflective Planning

WEEK OF:

SESSION DATE:

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SYMPTOMS:

TOPICS TO FOCUS ON:

WHAT I NEED:

WHAT I'M PROUD OF:

I'M AT: MY WORST           MY BEST

WHAT I'M NOTICING

IN MY BODY:

IN MY MOOD:

IN MY LOGICAL MIND:

IN MY RELATIONSHIPS WITH OTHERS:

IN MY RELATIONSHIP WITH MYSELF:

ABOUT REACHING MY GOALS:

SESSION TAKE-AWAYS

BETWEEN SESSIONS, I WOULD LIKE TO

# Therapy Techniques Planner

**DJ Losen**



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applications of life space crisis interventionsm applied physical trainingsm and trauma informed care implications for cpi s crisis development modelsm the teaching notes throughout this leader s guide will guide you through the basic content of the nonviolent crisis intervention key point refresher course be creative in your

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the nonviolent crisis intervention is designed to teach staff how to prevent and control disruptive behavior of clients handle with care is a combination of lecture and demonstration of self defense skills and restraining methods for staff who work with potentially assaultive patients

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teach the nonviolent crisis intervention program before teaching a refresher cpi s nonviolent crisis intervention initial training is designed to provide participants a comprehensive introduction to the principles concepts and basic skills

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