

THERAPY SESSION REFLECTION

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MY TAKEAWAYS FROM TODAY'S SESSION

WHAT DO I WANT TO HOLD ONTO AS MY
CONTINUED LEARNING FROM TODAY?

WHAT THEMES SHOWED UP TODAY?

WHAT METAPHOR, PHRASE, WORD OR IMAGERY FROM
TODAY'S SESSION CAN I USE AS A RESOURCE?

TOOL OR STRATEGY I DISCOVERED TODAY

IDEAS FOR WHAT I WANT TO EXPLORE NEXT SESSION

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Breaking Updated Edition Session Three Vier Guide

Annelies Wilder-Smith



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