

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Phone Number]
[Date]
[Therapist's Name]
[Therapist's Practice/Organization Name]
[Address]
[City, State, Zip Code]

Dear [Therapist's Name],

I hope this letter finds you well. I am writing to discuss [briefly mention the purpose of your letter, e.g., scheduling a session, reflecting on past sessions, seeking advice, etc.].

[Provide further details about your feelings, thoughts, or experiences related to therapy or the topics you want to address. Be specific and concise.]

I would appreciate your guidance on [mention any specific issues you want to discuss or seek assistance with].

Thank you for your support and understanding. I look forward to your response.

Sincerely,
[Your Name]