

[Your Name]
[Your Address]
[City, State, Zip Code]
[Email Address]
[Date]

[Therapist's Name]
[Therapist's Practice Name]
[Practice Address]
[City, State, Zip Code]

Dear [Therapist's Name],

I hope this message finds you well. I wanted to take a moment to provide feedback regarding our recent therapy sessions.

Firstly, I appreciate the support and guidance you have offered throughout our time together. I feel that [specific positive feedback about a technique, discussion, or support].

However, I also wanted to express some concerns about [specific feedback on what could be improved or adjusted]. This aspect has [explain any feelings or thoughts related to this concern].

Overall, I am grateful for our sessions and look forward to continuing our work together. Thank you for your understanding and support.

Best regards,

[Your Name]