

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

[Client's Name]
[Client's Address]
[City, State, Zip Code]

Dear [Client's Name],

I hope this message finds you well. I wanted to take a moment to follow up on our recent therapy session on [insert date].

During our last meeting, we discussed [briefly summarize key topics or themes discussed]. I encourage you to reflect on these points and consider any thoughts or feelings that may have arisen since our session. As we move forward, I would like to remind you of the tools and techniques we talked about, such as [insert specific coping strategies or exercises]. Please remember that it's normal to encounter challenges along the way, and I am here to support you.

I am looking forward to our next session on [insert date/time], where we can further explore your progress and any new developments. If you have any immediate questions or concerns before then, please feel free to reach out.

Take care, and I look forward to seeing you soon.

Warm regards,

[Your Name]
[Your Title/Position]
[Your Practice Name]