

Effective couples counseling takes place when open and motivated participants join with a skilled and caring therapist to facilitate insight, change, and growth. Journaling can profoundly enrich counseling by capturing and engaging what happens in the therapy sessions as well as calling our attention to life lived between the sessions. My Counseling Journal: Couples Edition provides 12 weeks of prompts & space to explore and record thoughts & insights FOLLOWING a counseling session as well as prompts & space to engage and write about experiences/thoughts/feelings/ in the week BETWEEN sessions. The journals Introduction offers recommendations for how to use and benefit from the journal. Presson also provides detailed explanation for every single prompt & question found in the journal. Counselors and counsees alike will find that each partners use of My Counseling Journal will make therapy sessions more productive and thus make therapy itself more effective in facilitating the couples desired change, healing, and growth.

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