

INNOVATIVE COUNSELING SERVICES

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YOUR THERAPY COACHING FORM

CLICK FOR YOUR APPOINTMENT : <https://doxy.me/DrPollack>

GET THE MOST OUT OF YOUR THERAPY CALL BY PREPARING FOR IT

WHAT I HAVE ACCOMPLISHED SINCE OUR LAST CALL

WHAT I DIDN'T GET DONE, BUT INTENDED TO

THE CHALLENGES AND PROBLEMS I AM FACING NOW (Where are you struggling?)

THE OPPORTUNITIES WHICH ARE AVAILABLE TO ME RIGHT NOW

I WANT TO USE MY SESSION DURING THE CALL TO ...

WHAT I PROMISE TO DO BY THE NEXT CALL (actions I will take or ways to improve myself and reach my goals)
