THE NERDIE THERAPIST / CLINICAL RESOURCE

A Session Has a Rhythm, Not a Stopwatch

An illustrative 50-minute psychotherapy session + optional collaborative reflection

01 **OPEN & CONNECT** — 5 MIN

Build rapport, reconnect, and notice how the client arrives.

02 **REVIEW & FOCUS** — 10 MIN

Check in on developments; identify a focus linked to treatment goals.

03 **ACTIVE THERAPEUTIC WORK** — 25 MIN

Explore, process, practice, or intervene according to clinical need.

04 **DEBRIEF & INTEGRATE** — 5 MIN

Reflect on what emerged, what shifted, and what remains important.

05 **WRAP UP & NEXT STEPS** — 5 MIN

Identify carry-forward themes and collaboratively plan next steps.

IF CLINICALLY APPROPRIATE: COLLABORATIVE NOTE FOUNDATIONS — UP TO 3 MORE MIN

Invite the client to identify meaningful themes, progress, or insights to inform the clinical note. This is therapeutic reflection, not administrative note-writing.

STRUCTURE IS A COMPASS, NOT A RULE.

Times are illustrative, not a prescribed protocol. Adapt pacing to the client, modality, clinical presentation, and phase of treatment. Only actual psychotherapy time counts toward time-based psychotherapy coding; administrative documentation is separate.