

THE PSYCHOTHERAPY AND COUNSELING WORKBOOK CREATOR

PART 2: CHOOSING THE TECHNIQUES

IN THIS SECTION YOU WILL GO THROUGH 3 STEPS TO ADD TECHNIQUES TO YOUR WORKBOOK.

YOU CAN CHOOSE FROM THE TECHNIQUES SELECTED BY THE SOFTWARE AND THEN ADD ADDITIONAL TECHNIQUES FROM OUR DATABASE. YOU CAN ALSO UPLOAD YOUR OWN TECHNIQUES TO THE WORKBOOK.

The screenshot shows a web browser window with the URL <https://www.betweenessionsworkbookcreator.com/Users/Therapist/ClientList>. The page is titled "CREATE BOOK" and features a client profile for "Test Client" with a birth date of "01/01/1975". There are three tabs: "PROBLEM CHECKLIST", "CHOOSE TECHNIQUES" (which is active), and "CREATE BOOK".

Below the tabs, there are instructions for adding techniques:

Instructions: There are three ways to add techniques.
(1) Suggested techniques are recommended based on the Client's completed Problem Checklist.
(2) You can also add techniques from the database to work on the additional problems. Simply put in symptoms or keywords into the Search Box to see more techniques.
(3) You may still want to add additional techniques to your workbook from the Between Sessions library or that you have created yourself. Please note that these must be PDF files.
PLEASE NOTE: YOU MUST ALWAYS CHECK THE BOX NEXT TO THE TECHNIQUE TO ADD IT TO THE WORKBOOK AND CLICK THE BUTTON "ADD TO BOOK."

The main content area is titled "LIST OF SUGGESTED TECHNIQUE (Check to add techniques to your book)". It contains a table with the following columns: "TECHNIQUE NAME", "DESCRIPTION", "OBJECTIVE", "KEYWORDS", and "PAGE COUNT".

TECHNIQUE NAME	DESCRIPTION	OBJECTIVE	KEYWORDS	PAGE COUNT
<input type="checkbox"/> Are You a Distracted Eater?	This worksheet is designed to help people who eat excessively gain more control over their eating habits.	To become less distracted when you are eating and to eat less during the day.	overeating, compulsive eating, Binge Eating Disorder, BED, eating disorders, bingeing	5
<input type="checkbox"/> Asking for What You Want and Need	This worksheet is designed to help people think about how they typically ask for what they want and need in order to identify how they might want to change their communication styles in certain situations.	To help you think about how you ask for what you want and need in order to identify how you can change your communication style.	assertive communication, interpersonal conflict	4
<input type="checkbox"/> Automatic and Distorted Thinking in Eating Disorders	This worksheet helps people identify and keep a record of distorted thoughts to explore what might trigger negative, automatic thinking.	To identify and address the distorted and automatic thoughts that support disordered eating habits.	binge eating, eating disorders, bulimia, anorexia, distorted thinking, cognitive distortion	4

At the bottom of the page, it says "Total pages in book: 0" and there is a green "ADD TO BOOK" button. A red arrow points to the "2. ADD TECHNIQUES FROM DATABASE" option in the left sidebar.

IN THE FIRST STEP, YOU WILL REVIEW THE TECHNIQUES THAT THE SOFTWARE SELECTED BASED ON THE PROBLEMS YOUR CLIENT IDENTIFIED ON THE PROBLEM CHECKLIST HE/SHE FILLED OUT.

- (1) SCROLL THROUGH THE LIST OF TOOLS AND PUT A CHECKMARK BY THE TECHNIQUES YOU WISH TO ADD TO THE WORKBOOK.
- (2) THEN CLICK THE GREEN BUTTON TO ADD THESE TOOLS TO THIS WORKBOOK.

CREATE BOOK

Client Name: Test Client Date of Birth: 01/01/1975 [Click here to see video instructions](#)

PROBLEM CHECKLIST **CHOOSE TECHNIQUES** CREATE BOOK

Instructions: There are three ways to add techniques.
(1). Suggested techniques are recommended based on the Client's completed Problem Checklist.
(2). You can also add techniques from the database to work on the additional problems. Simply put in symptoms or keywords into the Search Box to see more techniques.
(3). You may still want to add additional techniques to your workbook from the Between Sessions library or that you have created yourself. Please note that these must be PDF files.
PLEASE NOTE: YOU MUST ALWAYS CHECK THE BOX NEXT TO THE TECHNIQUE TO ADD IT TO THE WORKBOOK AND CLICK THE BUTTON "ADD TO BOOK."

1. SUGGESTED TECHNIQUES

2. ADD TECHNIQUES FROM DATABASE

3. ADD YOUR OWN TECHNIQUES

LIST OF SUGGESTED TECHNIQUE (Check to add techniques to your book) (1)

TECHNIQUE NAME	DESCRIPTION	OBJECTIVE	KEYWORDS	PAGE COUNT
<input type="checkbox"/> Are You a Distracted Eater?	This worksheet is designed to help people who eat excessively gain more control over their eating habits.	To become less distracted when you are eating and to eat less during the day.	overeating, compulsive eating, Binge Eating Disorder, BED, eating disorders, bingeing	5
(2) <input type="checkbox"/> Asking for What You Want and Need	This worksheet is designed to help people think about how they typically ask for what they want and need in order to identify how they might want to change their communication styles in certain situations.	To help you think about how you ask for what you want and need in order to identify how you can change your communication style.	assertive communication, interpersonal conflict	4
<input type="checkbox"/> Automatic and Distorted Thinking in Eating Disorders	This worksheet helps people identify and keep a record of distorted thoughts to explore what might trigger negative, automatic thinking.	To identify and address the distorted and automatic thoughts that support disordered eating habits.	binge eating, eating disorders, bulimia, anorexia, distorted thinking, cognitive distortion	4

Total pages in book: 0 **ADD TO BOOK**

Note: When you add tools you will see how many pages you have in your workbook.

IN THE SECOND STEP, YOU CAN ADD MORE TECHNIQUES FROM THE DATABASE.

- (1) CLICK ON THE “ADD TECHNIQUES” LINK.
- (2) ENTER SYMPTOMS OR KEYWORDS AND CLICK THE SUBMIT BUTTON.

CREATE BOOK

Client Name: Test Client Date of Birth: 01/01/1975 [Click here to see video instructions](#)

PROBLEM CHECKLIST **CHOOSE TECHNIQUES** CREATE BOOK

Instructions: There are three ways to add techniques.
(1) Suggested techniques are recommended based on the Client's completed Problem Checklist.
(2) You can also add techniques from the database to work on the additional problems. Simply put in symptoms or keywords into the Search Box to see more techniques.
(3) You may still want to add additional techniques to your workbook from the Between Sessions library or that you have created yourself. Please note that these must be PDF files.
PLEASE NOTE: YOU MUST ALWAYS CHECK THE BOX NEXT TO THE TECHNIQUE TO ADD IT TO THE WORKBOOK AND CLICK THE BUTTON "ADD TO BOOK."

1. SUGGESTED TECHNIQUES
2. **ADD TECHNIQUES FROM DATABASE** (1)
3. ADD YOUR OWN TECHNIQUES

LIST OF OTHER TECHNIQUES

Enter symptoms to search for more techniques.. **Q SUBMIT** (2)

Total pages in book: 0 **ADD TO BOOK**

IN THIS EXAMPLE, WE HAVE SEARCHED USING THE KEYWORD “ANXIETY” (1). THE SOFTWARE SELECTED ALL THE TOOLS IN THE DATABASE RELATED TO ANXIETY.

AGAIN, PUT A CHECKMARK (2) BY THE TECHNIQUES YOU WANT TO ADD TO THIS WORKBOOK AND CLICK THE “ADD TO BOOK” BUTTON (3).

CREATE BOOK

Client Name: Test Client Date of Birth: 01/01/1975 [Click here to see video instructions](#)

PROBLEM CHECKLIST **CHOOSE TECHNIQUES** CREATE BOOK

Instructions: There are three ways to add techniques.
(1) Suggested techniques are recommended based on the Client's completed Problem Checklist.
(2) You can also add techniques from the database to work on the additional problems. Simply put in symptoms or keywords into the Search Box to see more techniques.
(3) You may still want to add additional techniques to your workbook from the Between Sessions library or that you have created yourself. Please note that these must be PDF files.
PLEASE NOTE: YOU MUST ALWAYS CHECK THE BOX NEXT TO THE TECHNIQUE TO ADD IT TO THE WORKBOOK AND CLICK THE BUTTON "ADD TO BOOK."

1. SUGGESTED TECHNIQUES
2. ADD TECHNIQUES FROM DATABASE
3. ADD YOUR OWN TECHNIQUES

LIST OF OTHER TECHNIQUES anxiety (1) **Q SUBMIT**

TECHNIQUE NAME	DESCRIPTION	OBJECTIVE	KEYWORDS	PAGE COUNT
<input type="checkbox"/> Are People Out to Get Me?	This worksheet is designed to help people develop some new strategies when they judge others' behavior as malicious.	To help you see that your feeling that others might be trying to undermine you or harm you might be inaccurate and to consider other ways to relate to people.	paranoia, fears, anxiety	5
<input type="checkbox"/> Are You Anxious About Being the Center of Attention?	This worksheet helps people identify the aspects of being the center of attention that they fear and then rate them on a special scale, called the SUDS scale (Subjective Units of Distress).	To help you manage your anxiety related to being the center of attention through exposure therapy.	social anxiety, exposure therapy	4
<input type="checkbox"/> Are You Anxious About Going on Dates?	This worksheet helps people identify the aspects of dating that they fear and then rate them on a special scale, called the SUDS scale (Subjective	To help you manage your anxiety related to going on dates through exposure therapy.	dating anxiety, exposure therapy, social anxiety	4

Total pages in book: 0 **ADD TO BOOK** (3)

IN THE THIRD STEP OF SELECTING TECHNIQUES, YOU CAN UPLOAD YOUR OWN TECHNIQUES BY CLICKING ON THIS LINK IN THE LEFT NAVIGATION (1).

THEN CLICK THE “ADD YOUR OWN TECHNIQUES” BUTTON (2).

CREATE BOOK

Client Name: Test Client Date of Birth: 01/01/1975 [Click here to see video instructions](#)

PROBLEM CHECKLIST CHOOSE TECHNIQUES CREATE BOOK

Instructions: There are three ways to add techniques.
(1) Suggested techniques are recommended based on the Client's completed Problem Checklist.
(2) You can also add techniques from the database to work on the additional problems. Simply put in symptoms or keywords into the Search Box to see more techniques.
(3) You may still want to add additional techniques to your workbook from the Between Sessions library or that you have created yourself. Please note that these must be PDF files.
PLEASE NOTE: YOU MUST ALWAYS CHECK THE BOX NEXT TO THE TECHNIQUE TO ADD IT TO THE WORKBOOK AND CLICK THE BUTTON "ADD TO BOOK."

1. SUGGESTED TECHNIQUES
2. ADD TECHNIQUES FROM DATABASE
3. ADD YOUR OWN TECHNIQUES (1)

ADDED OWN TECHNIQUES [ADD YOUR OWN TECHNIQUES](#) (2)

TECHNIQUE NAME	DESCRIPTION	OBJECTIVE	PAGE COUNT
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Total pages in book: 0 [ADD TO BOOK](#)

WHEN YOU ADD YOUR OWN TECHNIQUES, YOU'LL ADD THE NAME, OBJECTIVE, AND DESCRIPTION (1).

THEN UPLOAD THE TECHNIQUE (2) CHOOSING A PDF FILE FROM YOUR COMPUTER.

CLICK THE BLUE "SUBMIT" BUTTON (3) TO COMPLETE THE PROCESS.

CREATE BOOK

Client Name: Test Client Date of Birth: 01/01/1975 [Click here to see video instructions](#)

PROBLEM CHECKLIST **CHOOSE TECHNIQUES** CREATE BOOK

Instructions: There are three ways to add techniques.
(1) Suggested techniques are recommended based on the Client's completed Problem Checklist.
(2) You can also add techniques from the database to work on the additional problems. Simply put in symptoms or keywords into the Search Box to see more techniques.
(3) You may still want to add additional techniques to your workbook from the Between Sessions library or that you have created yourself. Please note that these must be PDF files.
PLEASE NOTE: YOU MUST ALWAYS CHECK THE BOX NEXT TO THE TECHNIQUE TO ADD IT TO THE WORKBOOK AND CLICK THE BUTTON "ADD TO BOOK."

1. SUGGESTED TECHNIQUES
2. ADD TECHNIQUES FROM DATABASE
3. ADD YOUR OWN TECHNIQUES

ADDED OWN TECHNIQUES [ADD YOUR OWN TECHNIQUES](#)

Technique Name*

Description* (1) Objective*

Pages* Upload File* (2)
Select No file chosen

 (3)

Total pages in book: 0 [ADD TO BOOK](#)

Note: You can create your own tools or add them from your Between Sessions Library.

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HERE IS A TECHNIQUE ADDED BY THE THERAPIST/COUNSELOR. BUT IT HAS NOT YET BEEN ADDED TO THE WORKBOOK.

AFTER YOU ADD YOUR OWN TOOL, MAKE SURE YOU ALSO PUT A CHECKMARK BY THE TOOL (1) AND CLICK “ADD TO BOOK” (2) TO ADD IT TO THE WORKBOOK YOU ARE CREATING.

The screenshot shows a web interface titled "CREATE BOOK" for a client named "Test Client" with a date of birth of "01/01/1975". The interface has three tabs: "PROBLEM CHECKLIST", "CHOOSE TECHNIQUES", and "CREATE BOOK". The "CHOOSE TECHNIQUES" tab is active. A light blue instruction box explains that there are three ways to add techniques: suggested, from a database, or by adding your own. A yellow note states: "Note: You can add more techniques by simply repeating the process." The "ADDED OWN TECHNIQUES" section contains a table with one row: "My Own Techniques" with a description "Write description here.", an objective "Write an objective here.", and a page count of "2". A red circled "1" is next to the checkbox for this technique. At the bottom right, a green "ADD TO BOOK" button is highlighted with a red circled "2". A yellow note at the bottom states: "Note: Keep an eye on the total pages in the book. This will help you remember to always click the green 'Add To Book' button when choosing tools." The total pages in the book are currently 0.

Client Name: Test Client Date of Birth: 01/01/1975 [Click here to see video instructions](#)

PROBLEM CHECKLIST CHOOSE TECHNIQUES CREATE BOOK

Instructions: There are three ways to add techniques.
(1) Suggested techniques are recommended based on the Client's completed Problem Checklist.
(2) You can also add techniques from the database to work on the additional problems. Simply put in symptoms or keywords into the Search Box to search for techniques.
(3) You may still want to add additional techniques to your workbook from the Between Sessions library or that you have created yourself. Please note that you must always check the box next to the technique to add it to the workbook and click the button to add it to the workbook.
PLEASE NOTE: YOU MUST ALWAYS CHECK THE BOX NEXT TO THE TECHNIQUE TO ADD IT TO THE WORKBOOK AND CLICK THE BUTTON TO ADD IT TO THE WORKBOOK.

1. SUGGESTED TECHNIQUES

2. ADD TECHNIQUES FROM DATABASE

3. ADD YOUR OWN TECHNIQUES (1)

ADDED OWN TECHNIQUES

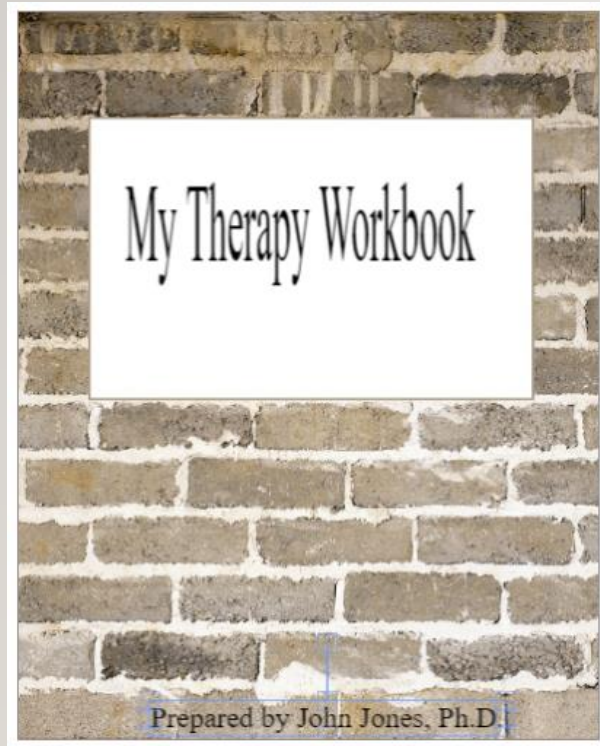
TECHNIQUE NAME	DESCRIPTION	OBJECTIVE	PAGE COUNT
<input type="checkbox"/> My Own Techniques	Write description here.	Write an objective here.	2

ADD YOUR OWN TECHNIQUES

Total pages in book: 0 (2) ADD TO BOOK

Note: Keep an eye on the total pages in the book. This will help you remember to always click the green "Add To Book" button when choosing tools.

NOW THAT YOU HAVE ADDED ALL THE TECHNIQUES TO YOUR WORKBOOK, YOU CAN GO TO STEP 3 AND CREATE THE FINAL WORKBOOK FOR YOUR CLIENT.



In the next section you will learn how to create a cover, add an introduction, and add a mood log to your workbook.