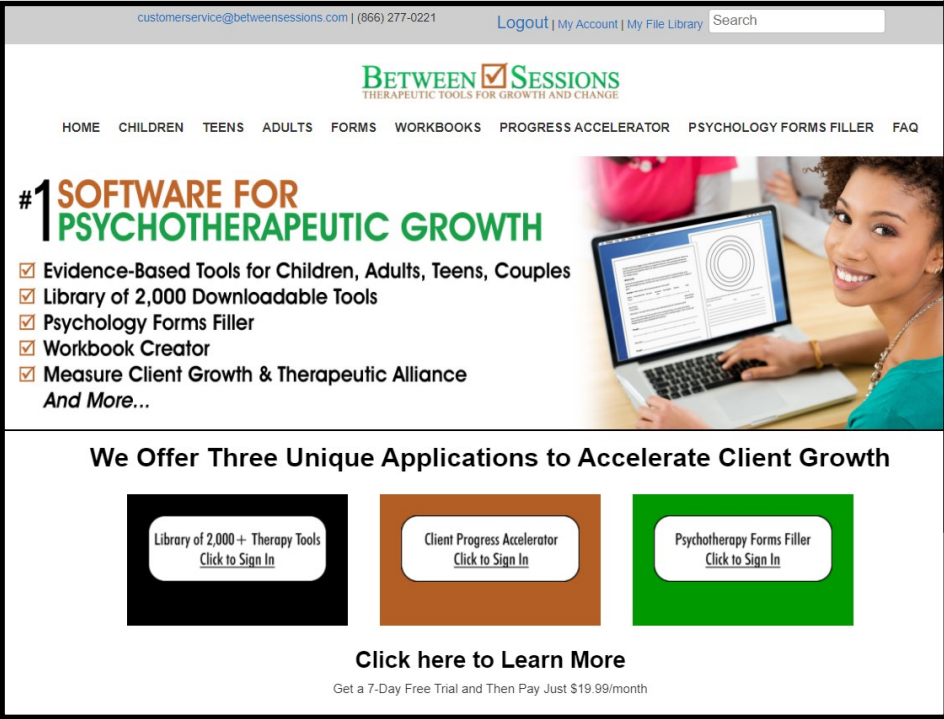
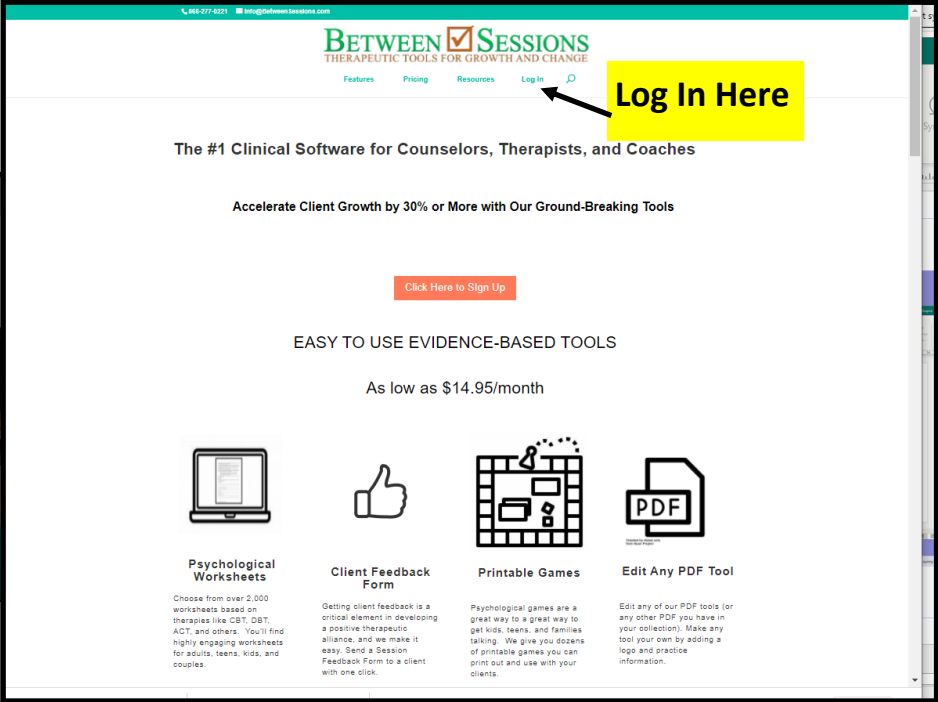


Changes in the BetweenSessions.com Software

You see this . . .

Instead of this . . .



This is your new Home Screen.

Newsfeed gives you info on the site.

Using Your Library of Tools

Your Library includes over 2,000 downloadable tools to be used in adult therapy, counseling, and coaching. New tools are added every week and will appear on this home page. With each tool you have four options: save it to your "My Tools," view and print it out, edit the tool, or send it to a client. Watch the tutorial here.

Editing Forms and Sending Them to Clients

You'll find more than 100 forms to use in your practice and you can modify them easily with your membership. Click Edit/Send with your information, and the Forms Filler will open. Then use the editing tools to add your logo, your practice information, and so on. Once you're done, you should save a copy of the form you created by downloading it to your computer for later use. You can also send it directly to a client by clicking the SEND button. Your client will get a notification that the form has arrived and they can then fill it out online and send it back to you with one click. Once your client has filled out the form, they can save it and send it back with one click. [Click here to see the tutorial.](#)

We Upload a New Tool Every Day!

We have over 1,000 printable tools to help children and teens with emotional and social learning as well as specific mental health problems. You'll always find new tools posted every week, right here on your Home Page. From here you can print them out, save them



Click here to hide the news feed.

NEW TOOLS

New tools are added on this page every weekday.

Add to MY TOOLS	Send / Edit	View / Print	Add to MY TOOLS	Send / Edit	View / Print	Add to MY TOOLS	Send / Edit	View / Print	Add to MY TOOLS	Send / Edit	View / Print
<h4>Are You Addicted to Work?</h4> <p>Objectives To identify a person's "habits," systems and the addition to work and learning.</p> <p>What to Know The habit loop consists of three parts: a cue, a routine, and a reward. The cue is a trigger that tells the brain to go into automatic mode and complete the behavior automatically. This is often called a trigger. The routine is the behavior that you do after the trigger. The reward is the feeling that you get after doing the behavior. A habit loop is a powerful tool for changing your behavior. You can use it to break bad habits and to create good ones. You can also use it to create new habits that will help you achieve your goals.</p>	<h4>Learning Self-Forgiveness</h4> <p>Objectives To identify a person's habits and to learn how to forgive oneself.</p> <p>What to Know Learning self-forgiveness is a process that involves recognizing your mistakes and accepting responsibility for them. It is not about excusing your behavior or making excuses. It is about acknowledging your mistakes and accepting responsibility for them. It is about recognizing that you are human and that you are capable of making mistakes. It is about recognizing that you are not perfect and that you are not alone in your struggles. It is about recognizing that you are worthy of forgiveness and that you are deserving of love and compassion.</p>	<h4>Reducing Self-Criticism by Practicing the "Shoulds" Exercise</h4> <p>Objectives To identify a person's "shoulds" and to learn how to reduce self-criticism.</p> <p>What to Know The "shoulds" exercise is a tool for identifying and reducing self-criticism. It involves writing down a list of "shoulds" that you have written for yourself. Then, you read through the list and identify the "shoulds" that are most difficult for you. You then write down a list of "shoulds" that are more realistic and achievable. This exercise helps you to recognize that you are not perfect and that you are not alone in your struggles. It also helps you to recognize that you are worthy of forgiveness and that you are deserving of love and compassion.</p>	<h4>Do You Suffer From Compassion Fatigue?</h4> <p>Objectives To identify a person's symptoms of compassion fatigue and to learn how to reduce it.</p> <p>What to Know Compassion fatigue is a condition that affects people who work in helping professions. It is characterized by a feeling of exhaustion and a loss of empathy for others. It can be caused by a variety of factors, including a lack of self-care, a lack of support, and a lack of boundaries. It is a serious condition that can have a significant impact on a person's health and well-being. It is important to recognize the signs and symptoms of compassion fatigue and to seek help if you are experiencing it.</p>								
Are You Addicted to Work?	Learning to Forgive Yourself	Reducing Self-Criticism by Reducing "Shoulds"	Do You Suffer From Compassion Fatigue?								
This worksheet is designed to help people determine if they are addicted to work, and	This worksheet describes a 4-step process to help people practice self-forgiveness: Accept	This worksheet helps people understand the problems in using should or shouldn't in	This worksheet is designed to help people in the helping professions determine if they have								

PRODUCTS

- Features and Benefits
- Pricing
- FAQ

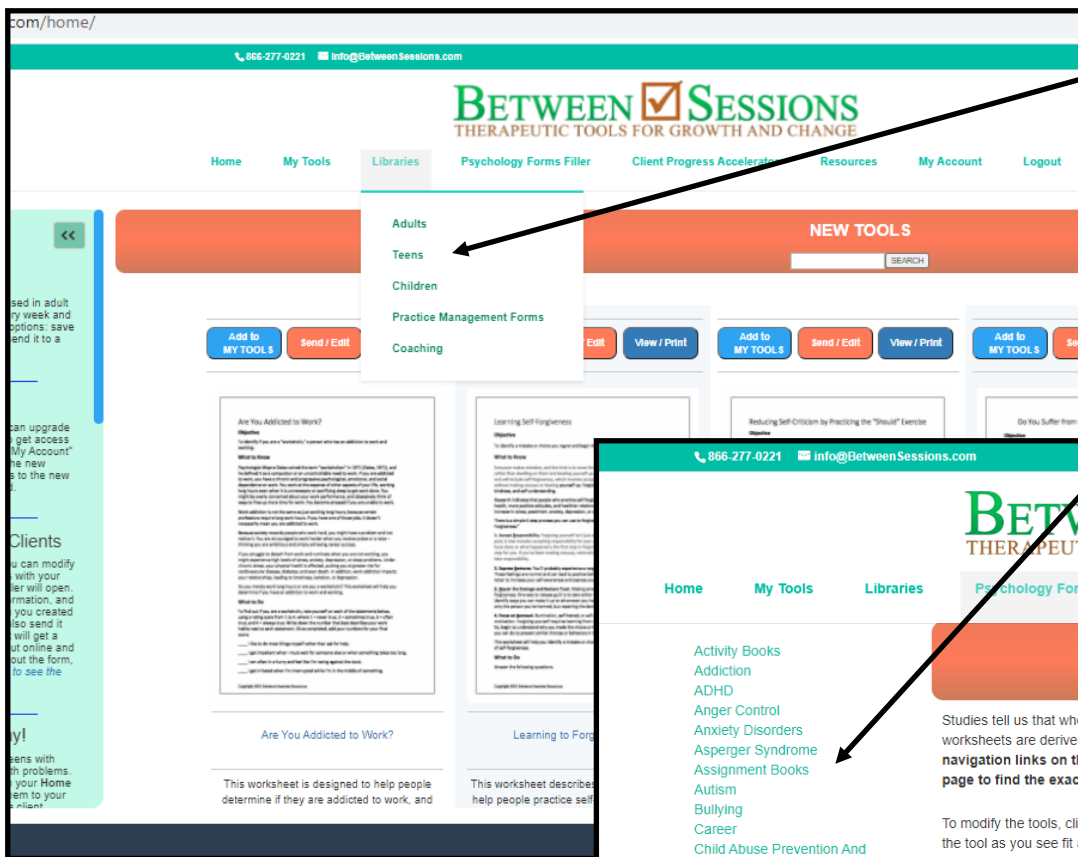
COMPANY

- About Us
- Contact Us

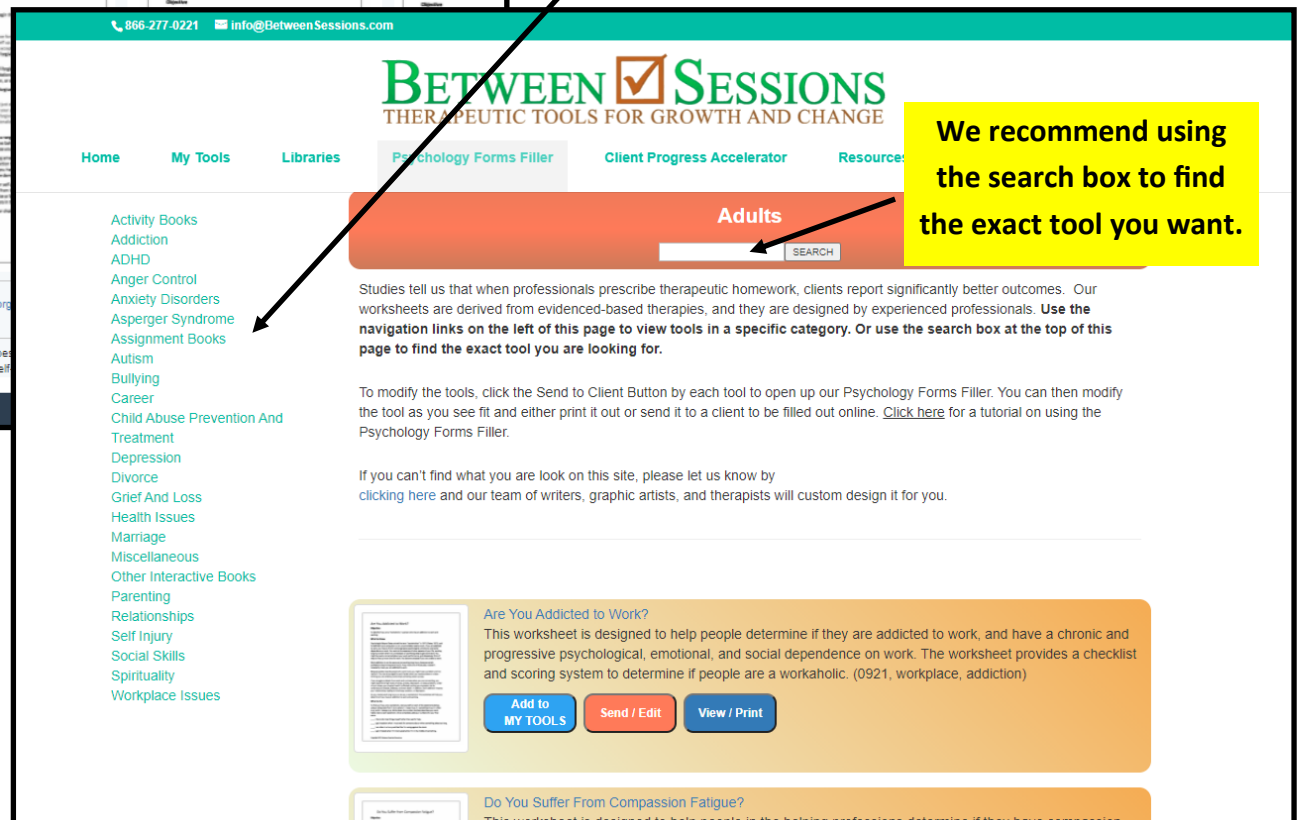
MY ACCOUNT

- Terms and Conditions
- Sign In
- Tutorials
- Privacy

You can now edit and send tools without having to first add them to your Library. Clicking on this button will immediately open the tool to edit and/or send.



Click the Library you want to explore and you'll see the subcategories on the left navigation.



We recommend using the search box to find the exact tool you want.

Studies tell us that when professionals prescribe therapeutic homework, clients report significantly better outcomes. Our worksheets are derived from evidenced-based therapies, and they are designed by experienced professionals. Use the navigation links on the left of this page to view tools in a specific category. Or use the search box at the top of this page to find the exact tool you are looking for.

To modify the tools, click the Send to Client Button by each tool to open up our Psychology Forms Filler. You can then modify the tool as you see fit and either print it out or send it to a client to be filled out online. [Click here](#) for a tutorial on using the Psychology Forms Filler.

If you can't find what you are looking for on this site, please let us know by [clicking here](#) and our team of writers, graphic artists, and therapists will custom design it for you.

Are You Addicted to Work?
This worksheet is designed to help people determine if they are addicted to work, and have a chronic and progressive psychological, emotional, and social dependence on work. The worksheet provides a checklist and scoring system to determine if people are a workaholic. (0921, workplace, addiction)

Do You Suffer From Compassion Fatigue?
This worksheet is designed to help people in the helping professions determine if they have compassion

From the Resources tab, find our blog, FAQ, tutorials, and resources from our members.

The screenshot displays the website header with the logo "BETWEEN SESSIONS" and the tagline "THERAPEUTIC TOOLS FOR GROWTH AND CHANGE". The navigation menu includes "Home", "My Tools", "Libraries", "Psychology Forms Filler", "Client Progress Accelerator", "Resources", "My Account", and "Logout". The "Resources" dropdown menu is open, showing links for "Blog", "FAQ", "From Our Members", and "Tutorials". An arrow points from the text above to the "Resources" dropdown menu.

BETWEEN SESSIONS
THERAPEUTIC TOOLS FOR GROWTH AND CHANGE

Home My Tools Libraries Psychology Forms Filler Client Progress Accelerator Resources My Account Logout

Activity Books
Addiction
ADHD
Anger Control
Anxiety Disorders
Asperger Syndrome
Assignment Books
Autism
Bullying
Career
Child Abuse Prevention And Treatment
Depression
Diversity

Adults

SEARCH

Studies tell us that when professionals prescribe therapeutic homework, client worksheets are derived from evidenced-based therapies, and they are designed to be used in a variety of ways. **navigation links on the left of this page to view tools in a specific category page to find the exact tool you are looking for.**

To modify the tools, click the Send to Client Button by each tool to open up our Psychology Forms Filler. You can then modify the tool as you see fit and either print it out or send it to a client to be filled out online. [Click here](#) for a tutorial on using the Psychology Forms Filler.

If you can't find what you are looking for on this site, please let us know by [contacting us](#).

Blog
FAQ
From Our Members
Tutorials

Most of our tutorials have videos and PDF documents you can review.

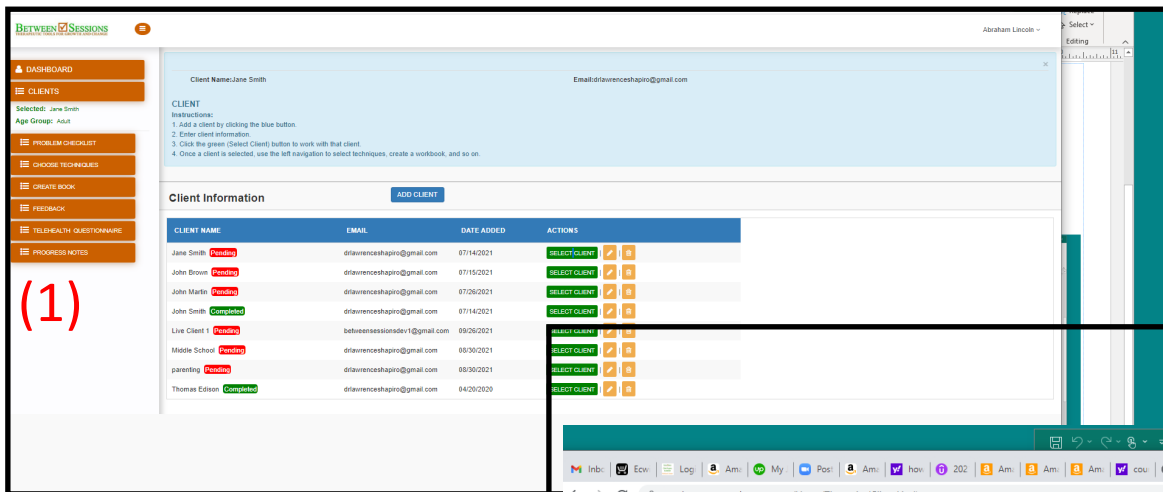
The screenshot shows the 'Tutorials' page on the BetweenSessions website. At the top, there is a teal header with contact information: '866-277-0221' and 'info@BetweenSessions.com'. Below this is the logo 'BETWEEN SESSIONS THERAPEUTIC TOOLS FOR GROWTH AND CHANGE' and a navigation menu with links: 'Home', 'My Tools', 'Libraries', 'Psychology Forms Filler', 'Client Progress Accelerator', 'Resources', 'My Account', and 'Logout'. A search icon is also present.

The main content area has a teal background. At the top, the word 'Tutorials' is centered in a large, bold, black font. Below it, a message reads: 'We recommend that you view the videos for each of our features to benefit fully from your membership.'

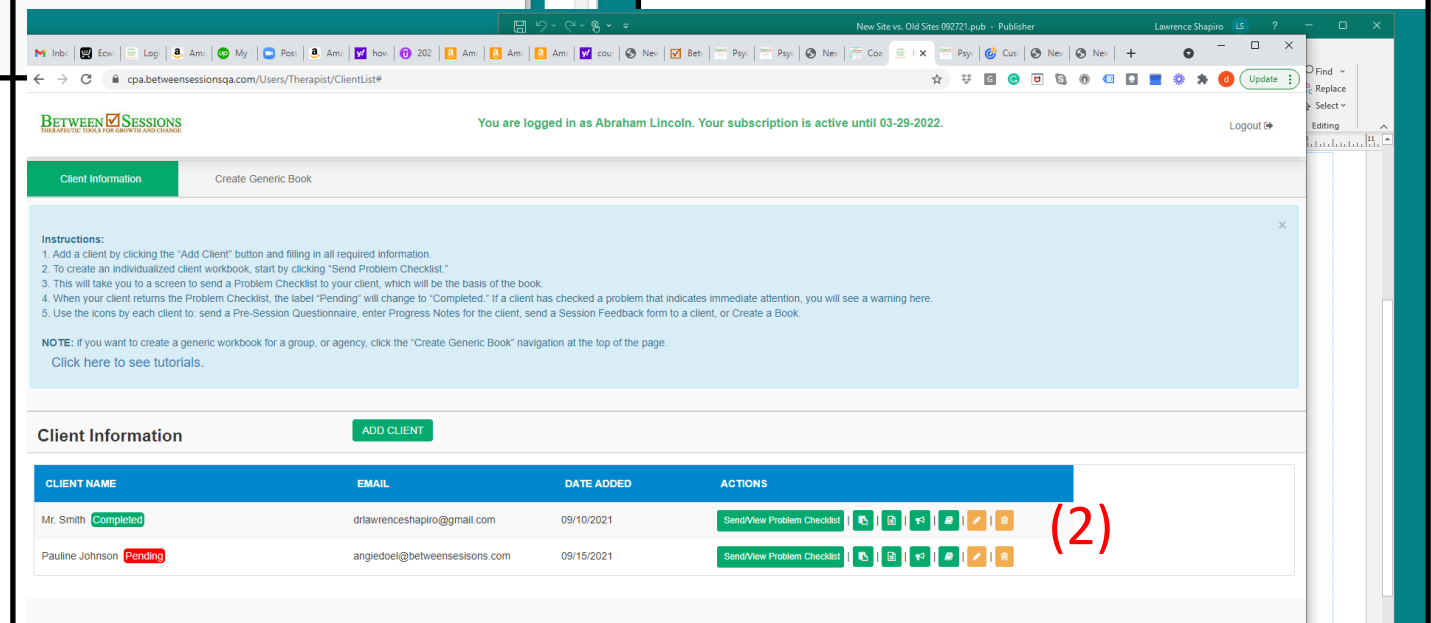
A teal box with white text says 'Basic Tutorials (All Members)'. Below this are two video thumbnails. The first thumbnail is titled 'HOW TO SEND TOOLS AND FORMS TO YOUR CLIENTS WITH THE PSYCHOLOGY FORMS FILLER' and has a play button icon. Below it is the text 'Sending Tools to Your Clients' and a link 'View a PDF of This Tutorial.' with a black arrow pointing to the left. The second thumbnail is titled 'Using Your Library of Tools' and also has a play button icon. Below it is the text 'Using Your Library of Tools' and a link 'View a PDF of This Tutorial.'

There are several changes to the Client Progress Accelerator (CPA). Instead of seeing the tool navigation on the left (1), you will now see icons by each client (2), which you will use to navigate to the various pages for each client.

Old Site



New Site



This will take you to a page where you can see all the workbooks you have created, and you can also add your new generic workbook.

BETWEEN SESSIONS
THERAPEUTIC TOOLS FOR GROWTH AND CHANGE


You are logged in as Abraham Lincoln. Your subscription is active until 03-29-2022.

Client Information **Create Generic Book**







Instructions:

1. You can create a new book for a group by clicking the green ADD BOOK button.
2. This will take you to a page where you can name the book and select the appropriate age group for the book.
3. You will also see a list of previous books you have created, including books for individual clients and books for groups (called Generic Books).
4. Click on the Edit button to make changes to any book.

[Click here to see tutorials.](#)



Book Information **ADD BOOK**

BOOK NAME	EMAIL	DATE ADDED	CLIENT NAME	ACTIONS
Generic Book		09/24/2021		EDIT 
My Depression Book		09/15/2021		EDIT 
Test Book		09/15/2021		EDIT 
Workbook for Dev Client 2		09/10/2021	Dev Client 2	EDIT 
Workbook for Dev Client123		09/10/2021	Dev Client1	EDIT 
Workbook for mr. potato head		09/10/2021	Mr. Smith	EDIT 

When you click Add Book, you'll see a page to name your book (1), select the age category (2), select worksheets from the database (3), create covers, add an intro, and download your workbook.

The screenshot shows the 'CREATE BOOK' interface. At the top, the user is logged in as Abraham Lincoln. The main form has a 'Book Name*' field containing 'Generic Book' (1) and a 'Category:' dropdown menu with 'select' (2). A 'Save' button is next to the dropdown. Below the form is a light blue box with instructions: '1. Go through steps 1-4 on the left navigation to create a book for this client. 2. When you are done, click "Download Book". 3. You can create a new book for a group by clicking "Create New Book". 4. If you want to edit any book you have previously created, click "Create New Book" and then click the blue notebook to see a list of all the books you have created.' A link 'Click here to see tutorials.' is also present. On the left, a sidebar lists steps: '1 Techniques In Book' (with a red (3) next to 'Add Techniques From Database'), '2 Upload Introduction', '3 Create Front Cover', and '4 Create Back Cover'. A 'DOWNLOAD BOOK' button is at the bottom of the sidebar. The main content area is titled 'REVIEW TECHNIQUES' and shows 'Total pages in book: 0' and a 'PRINT TECHNIQUE TABLE' button. Below this is a table with columns: 'TECHNIQUE NAME', 'DESCRIPTION', 'OBJECTIVE', 'VIEW', 'MORE INFO', and 'PAGE COUNT'.

Please let us know if you have any questions about your account by contacting us at (866) 277-0221 or customerservice@BetweenSessions.com.

Look for the announcement of bi-monthly webinars to help you get the most out of your membership.

And THANK YOU FOR BEING A MEMBER!