

# Family Therapy Session Planning Template

A practical worksheet for therapists, counselors, and social workers

## Session Basics

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Date:

Session Number:

Family Members Present:

Absent Members:

## Pre-Session Preparation

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Review notes from previous session:

Safety or risk considerations:

Materials needed:

- Whiteboard or paper
- Feelings thermometer handouts
- Art supplies
- Problem-solving wheel template
- Other: \_\_\_\_\_

## Session Goals

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Primary goal for today:

Secondary goals:

## Session Structure

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Check-in (5–10 min):

Goal review (5 min):

Main activity or intervention (25–35 min):

Debrief questions:

**Closing and homework (5 min):**

**Progress Notes**

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**Key themes or patterns observed:**

**Family response to intervention:**

**Plan for next session:**

**Reminder:** The debrief is where learning happens. Leave enough time to help the family connect the activity to real-life patterns.

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**For more family therapy activities and resources, visit:**  
[ositaibekwe.com/family-therapy-activities](http://ositaibekwe.com/family-therapy-activities)  
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