

Laura Gibbs

<https://www.youtube.com/watch?v=M9ck6BOmd6U>

Timestamps:

00:00 Start

00:10 Greeting the Client

03:20 Client Expectations

04:53 Agenda

06:49 Mood Check

09:15 Prioritized Agenda

12:46 Goal Setting

14:30 Educate on CBT/Work through one problem

39:10 Homework

43:50 Summary & Feedback