

Therapist: [. . .] Well, good afternoon. Is it the first time you have come to this therapy center?

Client: Hmmm.

Therapist: Hmmm, yes, I don't know if you have an idea about where you are or how a therapy center works?

Client: Na, no, not really. It is just the doctor who gave me this address and telephone number. The lady just said that I had to come here at this time and for the rest

Therapist: Oh, yes, OK. (00.45)

Maybe I will briefly explain about this center and how it works and, euh, maybe if you also . . . euh, you can pose me the question you have . . .

Client: Ah yes, OK.

(00.45)

I feel tense. I think to make a good statement that the client feels as much as possible

Sample Mock Therapy Dialogue For Depression

R Barnett



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