

The Between-Session Reset

A brief guide to help clinicians release, regulate, and return to presence between sessions.

Therapy is not just intellectual work—it is relational, emotional, and somatic. Without intentional resets, clinical residue can accumulate and impact presence and capacity.

STEP 1: NOTICE

- What am I currently feeling?
 - What energy am I carrying from the previous session?
 - Where do I feel this in my body?
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STEP 2: SEPARATE

- What belongs to my client?
 - What belongs to me?
 - Visualize handing back what is not yours to carry.
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STEP 3: RELEASE

- Take 3 slow breaths (longer exhales)
 - Shake out your hands/arms
 - Roll shoulders and release jaw tension
 - Place a hand on your chest and ground
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STEP 4: REORIENT

- Name 3 things you see
 - Feel your feet on the ground
 - Take one steady breath
 - I am here. I am grounded.
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STEP 5: INTENTIONAL RE-ENTRY

- "I will be present."
 - "I can hold space without carrying."
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REFLECTION

- What stayed with me today?
 - What do I need to release?
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The quality of your presence is shaped by the state of your vessel.

