

# CLIENT WELCOME PACK

AnxietyCurse.com

Psychotherapy, CBT Therapy & Life  
Coaching for Anxiety



[HTTPS://ANXIETYCOURSE.COM/](https://anxietycourse.com/)

**IVANA FRANEKOVA**

**PSYCHOTHERAPIST | CBT  
THERAPIST**

**OVER 12 YEARS OF  
EXPERIENCE**

**[HTTPS://ANXIETYCOURSE.COM/ABOUT-ME/](https://anxietycourse.com/about-me/)**



# NEW CLIENTS:

1. Book Complimentary Consultation at:

<https://anxietycurse.com/online-booking-system/>





## 2. IF YOU WISH TO GO AHEAD WITH THERAPY AND COACHING, BOOK YOUR FIRST SESSION AT:

<https://anxietycurse.com/online-booking-system/>



**IF YOU'VE SELECTED  
WORKSHOP OR  
PROGRAM, PLEASE  
FOLLOW THE  
INSTRUCTIONS YOU  
RECEIVE IN THE EMAIL.**



All workshops and programs are listed at:

<https://anxietycurse.com/anxiety-workshops/>



# 3. READ THROUGH AND SIGN TERMS AND CONDITIONS

Once you book your session or program/ workshop (please note the booking is only confirmed if the payment had been received),

please read and sign

**\*Terms & Conditions\*:**

<https://anxietycourse.com/terms-conditions/>

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# ADDITIONAL HELP:



I have created **\*Client Checklist\*** to help you prepare for your session.

Both new and existing clients, please visit:

<https://anxietycurse.com/client-checklist/>

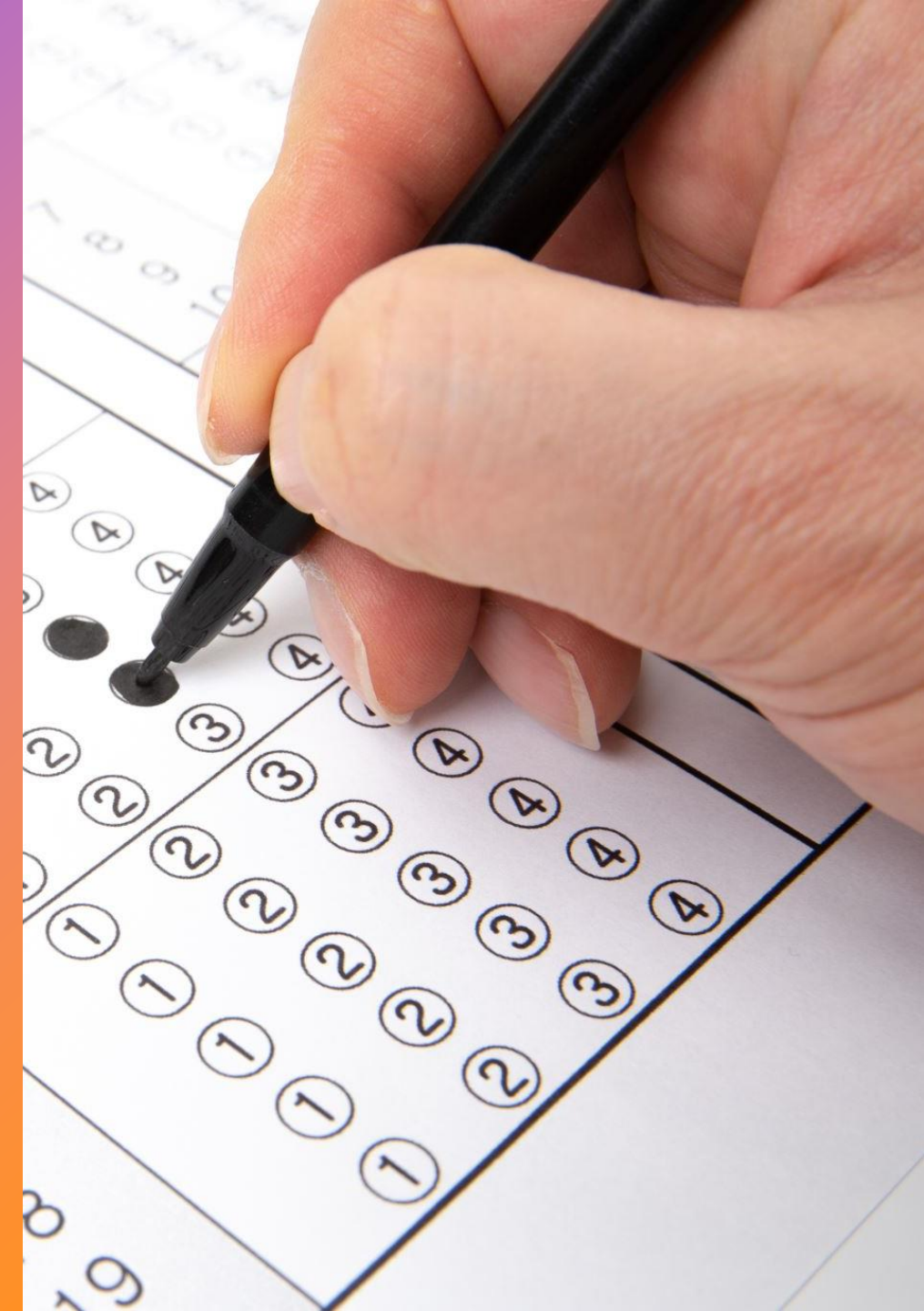


# PRE-SESSION QUESTIONNAIRE:

**\*For New & Existing Clients**

This questionnaire helps you **focus on your goals, looks at struggles you're facing, reminds you of the most helpful (as well as least helpful) tools and methods we've covered, and much more:**

<https://anxietycurse.com/pre-session-client-questionnaire/>





# ONLINE THERAPY

Online therapy can be scary, but it's actually great. My clients truly enjoy this style of delivery and so do I.



We have many more tools to our disposal, including creative PowerPoint tools. I strongly believe that with learning new skills, it helps to see as well as hear.

More on Online Therapy at:

<https://anxietycurse.com/how-online-therapy-for-anxiety-work/>

# THANK YOU

Thank you for reading this guide.

Ivana Franekova

Psychotherapist | CBT Therapist |  
Life Coach

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