Therapy Helper Tools

Tools to Support Communication and Partnership with Your Therapist

A. Therapy Helper Worksheets

- **Part 1: Prepare** for sessions with your therapist (e.g., How are you feeling? What do you want to talk about? What happened this week?)
- **Part 2: Review** sessions with your therapist (e.g., What did you talk about? What did you learn? Did you understand, or do you need help?)
- **Part 3: Practice** between your sessions (e.g., What will you practice this week? What tool will you use? Who will you ask for help?)

B. Therapy Helper Visual Supports

- **Part 4: Look & listen** tools to help you learn and practice therapy skills

Full paper: Witwer, A. N., Rosencrans, M. E., Taylor, C. A., Cobranchi, C., Krahn, G. L., Havercamp, S. M. & The Ohio State University Nisonger RRTC on Health and Function. (2025). Working with adults with intellectual disability and clinicians to advance mental health treatment: Informing practice guidelines and research. *Journal of Mental Health Research in Intellectual Disabilities*, 18(1), 1-29. DOI: 10.1080/19315864.2024.2308297

Therapy Helper Worksheet

A: Part 1 – PREPARE

Fill out this worksheet and share with your therapist before the session or meeting.

☐	Question	My Answer
☐	How am I feeling today? (circle or draw a face)	☐ ☐ ☐ ☐ ☐
☐	What do I want to talk about today? 	
☐	Did anything bad, hard, or stressful happen since our last meeting? 	
☐	Did anything good or exciting happen since our last meeting? 	
☐	Is there something I want help with today? If yes, what is it? 	

Therapy Helper Worksheet

A: Part 2 – REVIEW

Fill out this worksheet with your therapist at the end of the session or meeting.

☑	Question	My Answer		
☐	What did we talk about today? 			
☐	What did I learn or practice? 			
☐	Did my therapist listen to me? 	**YES** 	**NO** 	**NOT SURE**
☐	Did I understand what we talked about? 	**YES** 	**NO** 	**NOT SURE**
☐	Do I want to bring someone with me? Who? _____ 	**YES** 	**NO** 	**NOT SURE**

Therapy Helper Worksheet

A: Part 3 – PRACTICE

Fill out this worksheet between sessions or meetings with your therapist.

☑	Activity	My Answer
☐	One thing or skill I practiced this week:	
☐	What visual support or tool did I use? (e.g., pictures, worksheets, videos)	
☐	Who did I ask for help, if needed?	
☐	What did you do when you felt bad or unhealthy?	
☐	What did you do that made you feel better and healthy?	

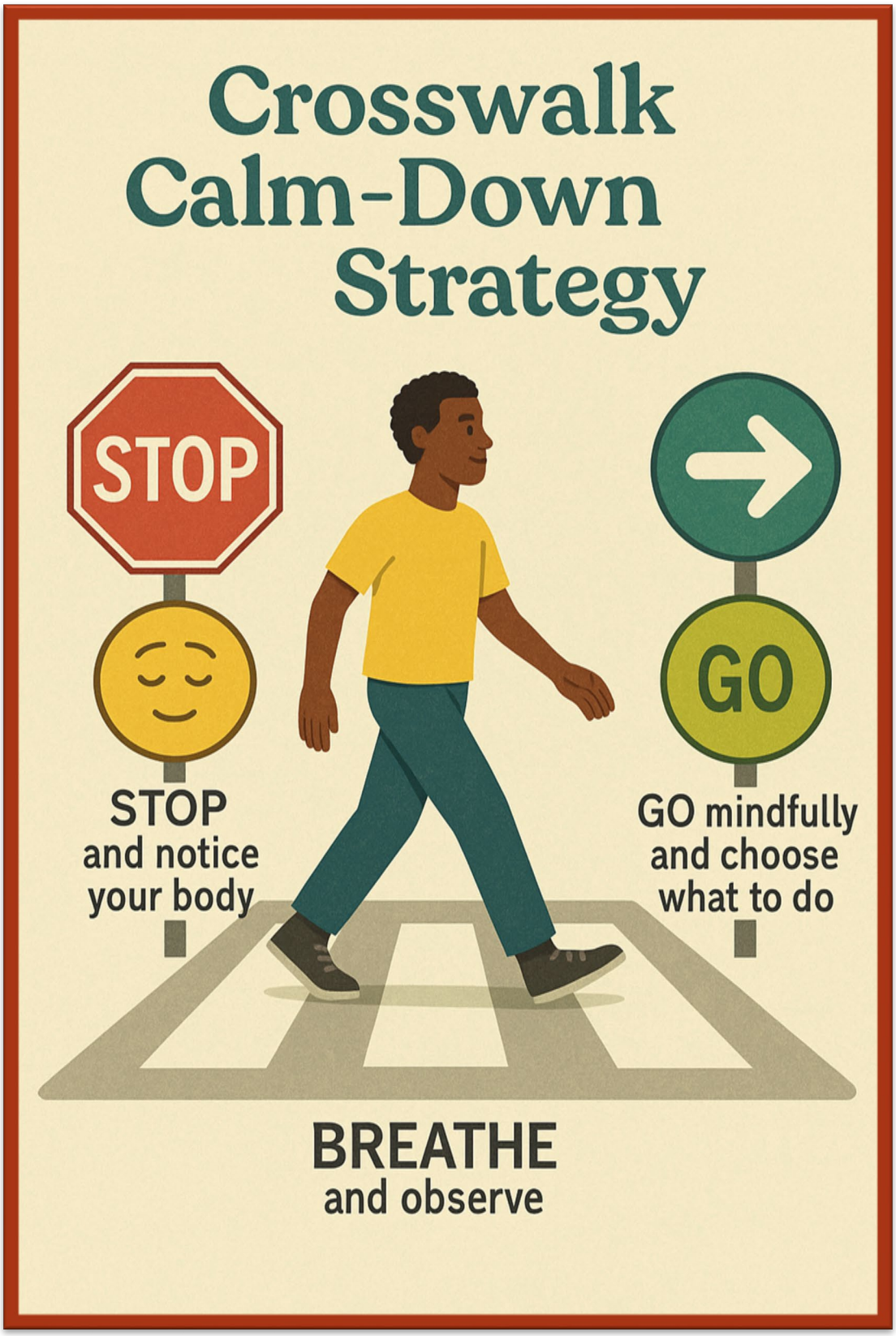
Therapy Helper Visual Supports

B: Part 4 – LOOK & LISTEN

Use the following pictures & videos to help you learn and practice therapy skills.

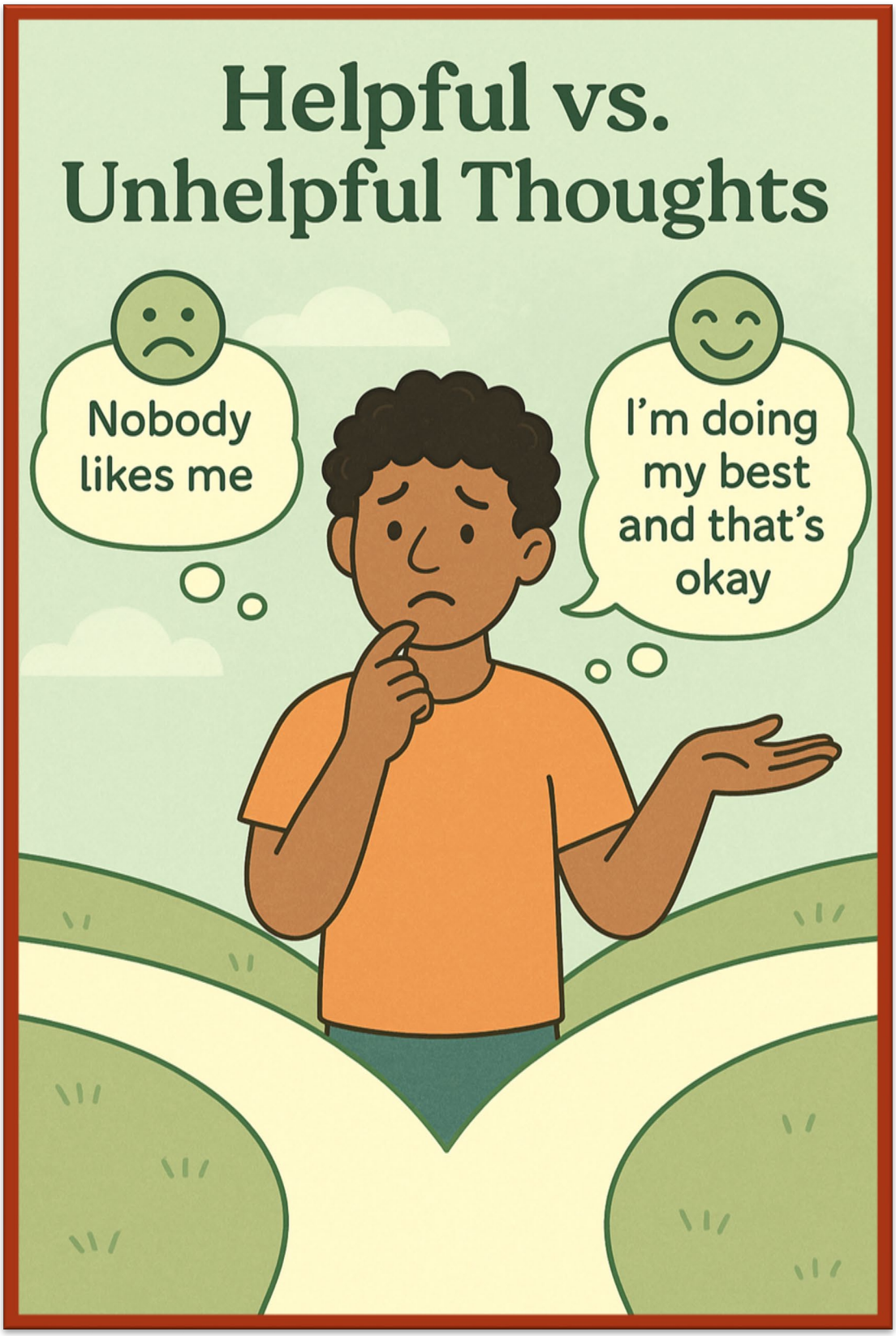
- Box Breathing
- Crosswalk Calm-Down
- Grounding
- Helpful Versus Unhelpful Thoughts (or, Catch It, Check It, Change It)
- Name It to Tame It
- Leaves on a Stream
- Progressive Muscle Relaxation

VIDEOS	
	• https://youtube.com/shorts/woQPHciR5ec?si=41IkkYTq6JUNKAWz • https://youtu.be/n6RbW2LtdFs?si=LZW1aM2_M5DqHbXV • https://youtu.be/LgbLGowKhG4?si=JnKO44K93fqL_ofi



VIDEO	• https://youtu.be/jhb8Afpd5PI?si=y889UpBiLJGVES2d

VIDEOS	
	• https://youtu.be/30VMIEmA114?si=pS3b_JgPsOFa3WsE • https://youtu.be/BsKpumL-ohQ?si=ye4WbEg_N8WXKLUO • https://youtu.be/e5EopuKV0xQ?si=cZ0V4pw0gWfX8_sy



VIDEO	
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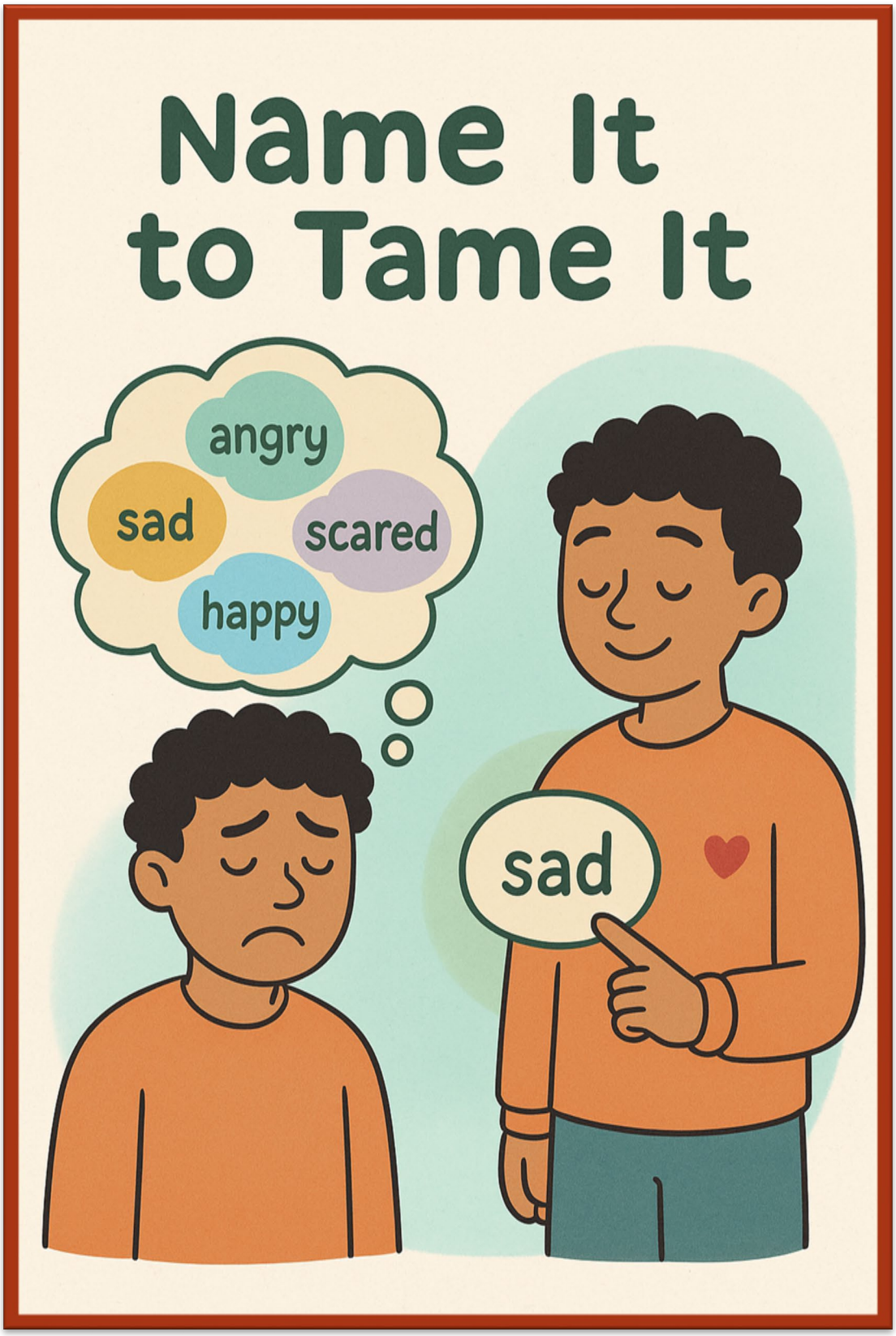
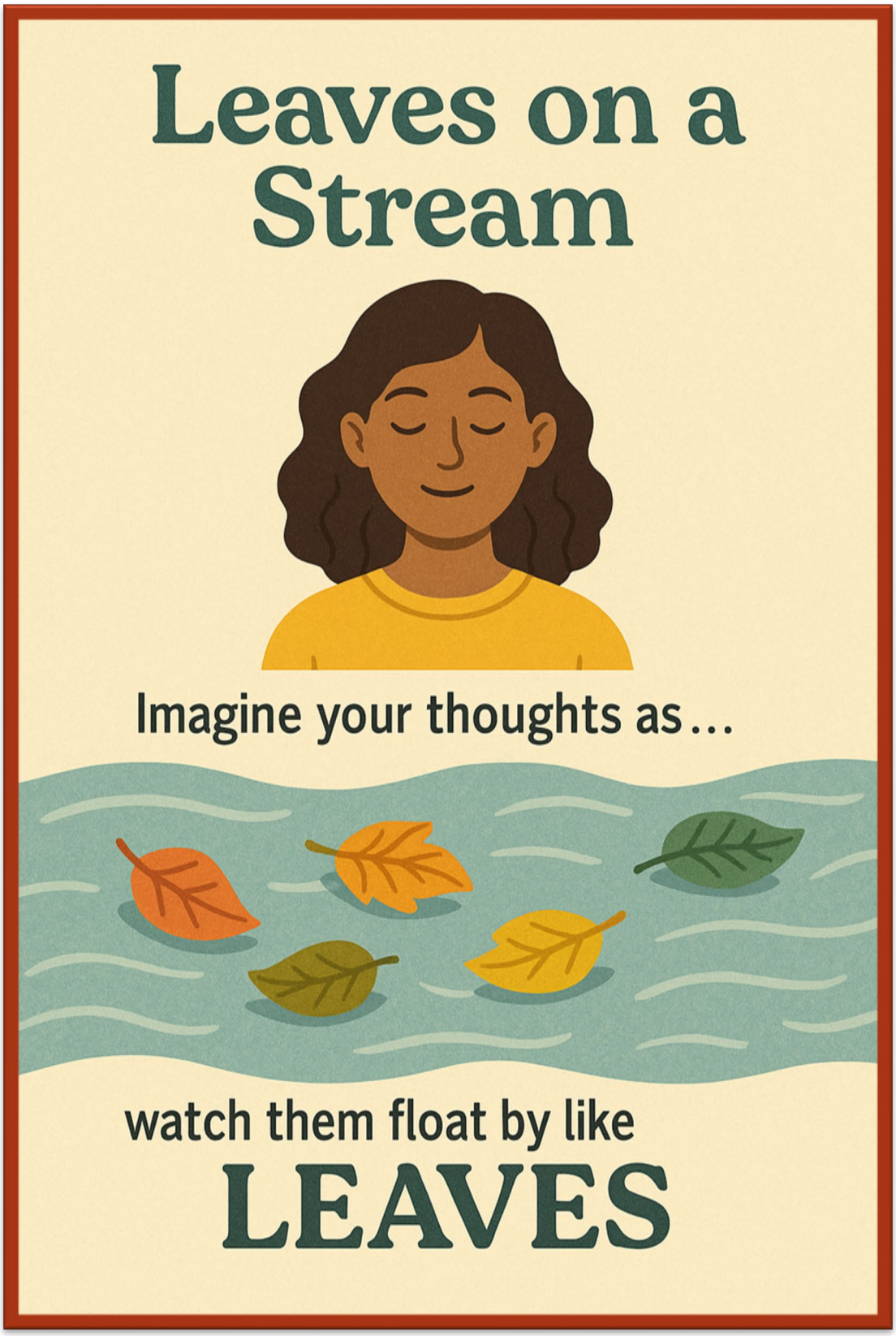


VIDEO	
	• https://youtu.be/T07FVd0wrac?si=EeWmMidfe5KN_FMH



VIDEOS	
	• https://youtu.be/r1C8hwj5LXw?si=AI-n1YEthjBcn0cC

VIDEOS	• https://www.youtube.com/watch?v=kdLTOurs2lA • https://youtu.be/j9xIE3gFVRU?si=yPT0RFJJ3i5AZuFW • https://youtu.be/GZ9PHsbt-m4?si=wEVoya2SP13E5JcW

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NISONGER CENTER

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https://go.osu.edu/RRTC