**Other general tips**

Add headings… you can use I… cite 5~7.

**First paragraph**

General intro to why mental health is important nowadays. Say like although there are advancement of medical techniques or AI or health-related technique, still a lot of people are suffering from mental health issues. For this reason, a role of psychologists/therapists is crucial/pivotal to benefit not only individuals but also the system they belong to, such as ~~~ family/community/neighbor/school/~~~.

**Second paragraph**

To benefit individuals suffering from mental health, one mission that psychologists/therapists could do is to intervene their daily lives and help prevent them from suffering mental health~~. For example, sit down with a family ~~ and discuss intervention techniques using CBT can be helpful for the mental health [just think of an easy real life example]. Mello (2010) showed that the role of intervention/prevention was helpful for recovering depression [just fine one paper that researched the importance of intervention/prevention preferably from a perspective of counseling/clinical/abnormal psychology..] (like depression~~~ psychopathology).

**Third paragraph**

For intervention/prevention, it is important to consider not only physical aspect but also mental/social/biological/societal/community-level etc. aspects to understand the individuals/clients and implement therapeutic techniques. Also add how intervention/prevention can address health/wellness for diverse population (All these show the importance of wellness for educational success/achieving career goals/live a healthier life etc for families/couples/adolescents/children/elderlies~~ (focus on benefits of intervention/prevention for diverse population).) Such an approach can be well-understood from a perspective of wellness model. Now you describe wellness model from Hermon~~ paraphrase some of their paragraphs and if necessary cite the references that Hermon also cited ~~. So just provide 2~3 sentences (definition/characteristics/approach) regarding the wellness model.

**Fourth paragraph (understanding of the wellness model in terms of research / and in the context of working with relationships and families)**

One~two sentences about def/charac about family system. What is emphasized.

Family systems -> communication -> clinical practices/how we establish treatment/

Connection/way that connect behavior

The way we behave is impacted by one another

Aspects of communication/

Add your understandings.. about family system…

*(let’s assume…) One characteristics/definition of family system approach is the importance of peer relationships.*

**Fifth paragraph (how you will apply as a therapist)**

How I will implement or apply family system approach/wellness approach as a therapist after you become a therapist. Try to show you are understanding them. *Because peer relationship is important to holistically apply family system approach, I would try to try to ask clinent their friendships and advise how the client can form a good friendship with them.*

*Some closing sentences (like what I showed in my SoP),*