

# SESSION 1 – FOUNDATION AND ENGAGEMENT

Duration: 45–50 minutes

## Session Objectives

- Build rapport and emotional safety.
- Clarify the Positive CBT approach.
- Explain session structure and duration.
- Inform participant about note-taking.
- Discuss the use of exercises in future sessions.
- Explore the participant's expectations.



## Session Flow

- Therapist introduction •
- Explain session flow.
- Communicate structure (timing, note-taking).
- Present Positive CBT principles.
- Ask: “What do you hope to gain from this?”

