



# Counseling Session Trends Report

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## Overview

This report summarizes the distribution of counseling sessions by month, day of the week, and time of day. The goal is to understand peak utilization times and identify opportunities for improving scheduling efficiency.

## 1. Is There a Busy Season for Therapy?

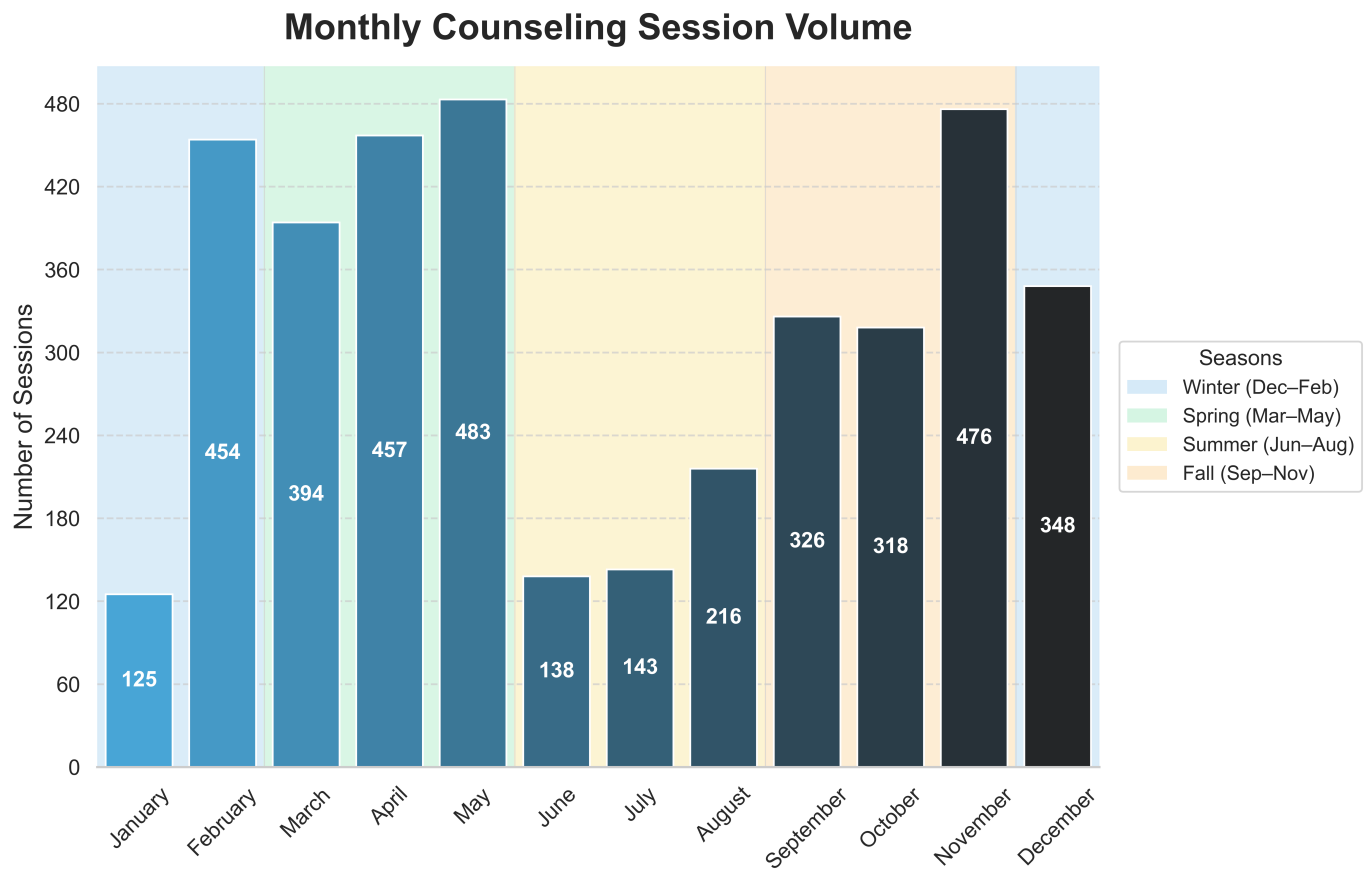


Figure 1: Number of client sessions held per calendar month.

### Observations

*Late Winter (February), spring and late fall (November) have the highest session volume; May being the highest. Post-holiday period (January) and summer (June and July) are the least active months; January being the least.*

## 2. Do Some Weekdays Feel Heavier Than Others?

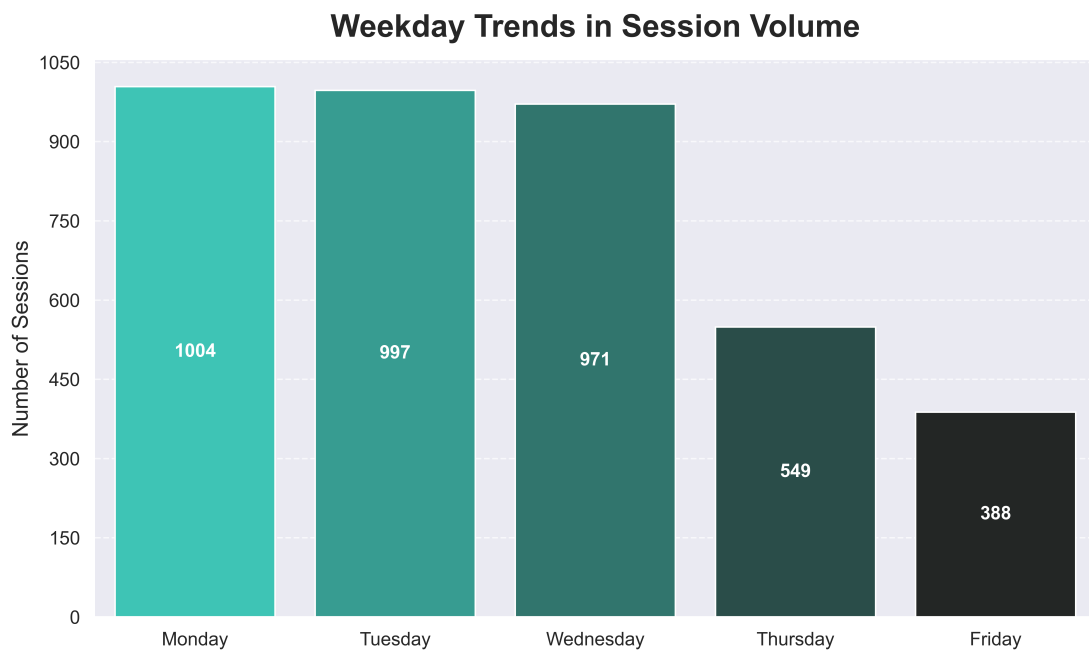


Figure 2: Weekly distribution of counseling sessions by day.

### Observations

*Monday through Wednesday have the highest session volume, indicating peak activity during the first half of the week. Friday shows the lowest number of sessions, making it the least active day.*

### 3. Are We Busiest in the Morning, Afternoon, or Evening?

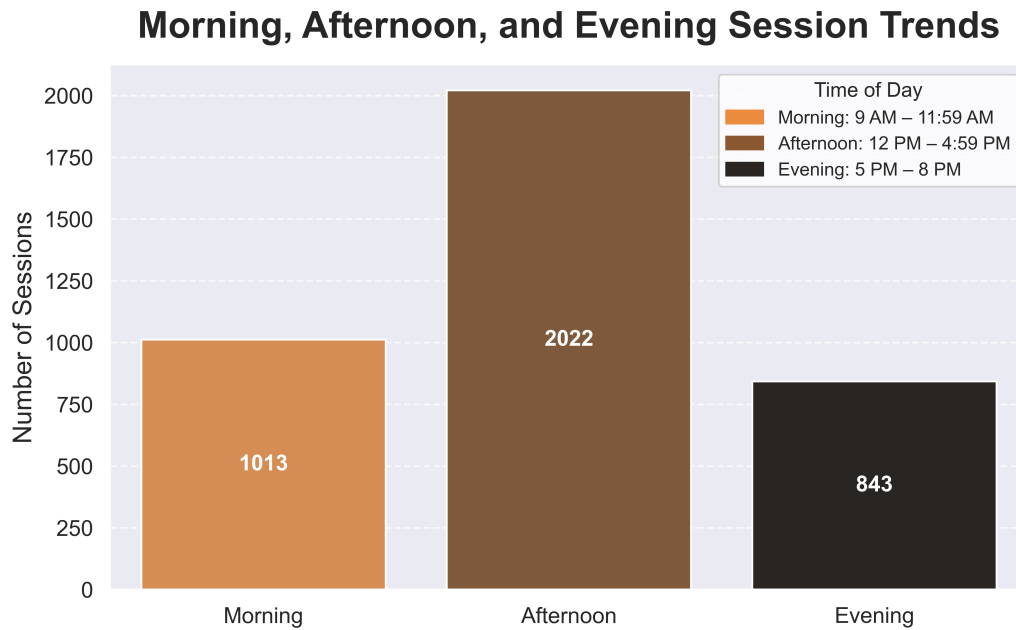


Figure 3: Session trends grouped by morning, afternoon, and evening hours.

#### Observations

*Afternoon sessions show the highest volume of activity throughout the day. Morning and evening periods each represent roughly half the number of sessions observed in the afternoon.*

## 4. What Time of Day Do Clients Prefer?

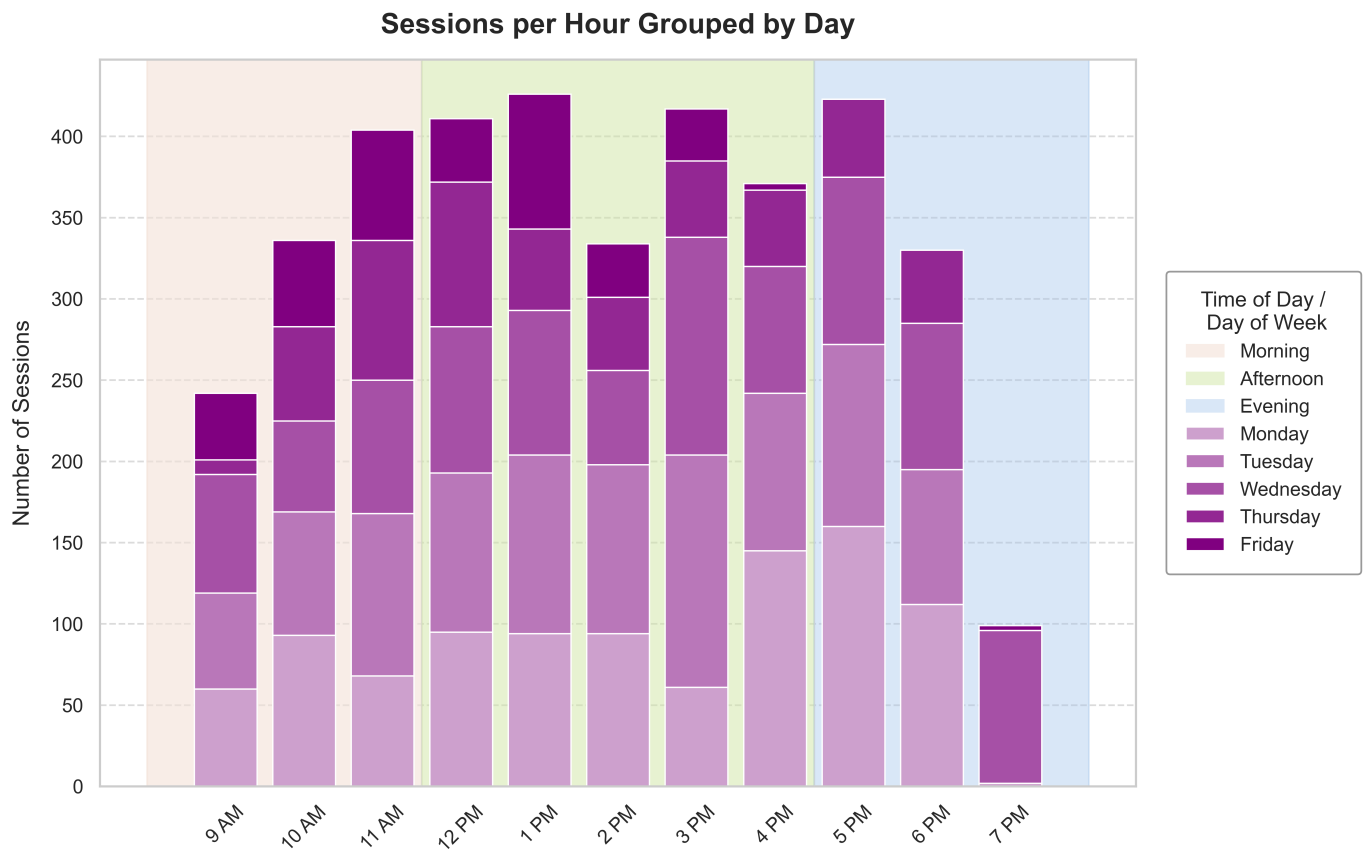


Figure 4: Number of counseling sessions by hour of day, stacked by weekday (Monday to Friday). Background shading indicates morning, afternoon, and evening periods.

### Observations

*The highest volume of sessions occurs at 1 PM during the first half of the week (Monday through Wednesday). The lowest activity is observed before 10 AM and after 6 PM, particularly during the latter half of the week (Thursday and Friday).*

### Conclusion

The highest volume of sessions at CCC occurs in the **afternoons (1 PM) from Monday through Wednesday, particularly during the late winter, spring, and late fall months**. In contrast, CCC experiences its lowest activity during mornings and evenings on Thursdays and Fridays, especially throughout the winter post-holiday period and the summer months.