NeuralPath Strategies
Cari@NeuralPathStrategies.com | 860-484-1329

Session Closure Summary

Purpose of This Document
This optional form is used to summarize the conclusion of services between the client and NeuralPath Strategies. It serves as a written reflection of progress made, resources provided, and the agreed-upon ending of active work together. Clients may request a copy for personal use.

Client Information

Client Name: _____

Date of Final Session: _____

Total Sessions Completed: _____

Summary of Focus Areas
Please briefly list the primary goals or focus areas worked on during sessions (non-diagnostic phrasing only):

- _____
- _____
- _____

Key Shifts or Progress Observed
Describe any insights, mindset shifts, behavior changes, or emotional patterns that have shifted during the course of services:

- _____
- _____
- _____

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Tools or Strategies Provided
List tools, exercises, or recordings shared with the client:
☐ Guided visualization
☐ Self-regulation tools (e.g., breathing, grounding)
☐ Reframing techniques
☐ Imagery/metaphor work
☐ Custom session audio
☐ Journaling or reflection prompts
☐ Other: _____

Follow-Up Recommendations (if any)
☐ Client was encouraged to continue self-directed work
☐ Client was provided with post-session practices
☐ Referral to additional services was discussed
☐ Reinforcement audio sent or recommended
☐ No further action recommended at this time

Closure Notes
Use this section for any additional closing comments or client observations:

Client Full Name: _____

Signature: _____

Date: _____

Carilyn Moisan, Owner of NeuralPath Strategies

Signature: _____

Date: _____