What are some therapeutic shows, movies or books for me?

More questions on the flip side of the zine

Reach out to
Thalia@cicadacounselingchicago.com
To chat more about therapy
@CicadaCounselingChicago
@CicadaCounseling.bsky.social

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Www.CicadaCounselingChicago.com

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Who are some therapeutic people for me to be around or talk to?

What is 'Therapeutic'

Reflection questions about the 'therapeutic'

Therapy journal zine #1
(Not legally or clinically duhh)

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What are some therapeutic foods for me?

Where are therapeutic places for me to go?

What are some therapeutic songs for me?

What are therapeutic things I like to do?

Reflecting on the reflections

The following questions guide us through identifying our narratives and values about what is therapeutic based on the lists we just came up with

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What kinds of therapeutic work resonates with you and do you want to do?

Based on these reflections, what is therapeutic for you, and how is 'therapeutic' beneficial or positive for you?

What aspects of your lists stuck out to you?

When we think of therapeutic, we often think of peaceful or calming. What are other attributes that address 'what is therapeutic' identifiable from your lists?