

A moment to bring back.

Start with something real from the week. Choose the words you want to bring into your next session.

01 Begin with your practice

Your practice invites you, confirms eligibility, and explains the companion agreement, sharing, and support arrangements before use.

02 Make space to reflect

Use the software companion to put a moment into words or reflect on a goal you and your clinician have agreed on.

03 Preview your Save

Choose Save for session on a message. Review the recipient, selected words, and any context you add. Confirm only when the preview says what you want to share.

04 Bring it into care

Your clinician can review the saved item. You can clarify your account or ask to correct a shared item through the practice.

A FICTIONAL FIRST-USE EXAMPLE

I put off a difficult conversation. I want to talk about what made it hard.

A patient could save these words for the next session. The surrounding conversation is not automatically attached.

Illustrative wording, not a product screenshot or a clinical recommendation.



Need to change course?

Message your clinician to request companion access removal, or close your account in the app. No setting turns the companion off, and you can simply stop using it. Raising a concern does not promise an immediate response.