

PROFESSIONAL PARTNERSHIP KIT

Helping clients continue healing between sessions

A guided reflection journal designed to extend the work of therapy, coaching, and wellness.



WHY WE CREATED THE ART OF BECOMING

A moment to breathe, between sessions

Ther-ART-py exists to help people intentionally create moments of peace, reflection, and emotional wellness through art and guided reflection.

We believe healing happens in the quiet moments after therapy — the pauses where people have space to breathe, reflect, and reconnect with themselves.

The Art of Becoming was created to support those moments, giving clients a gentle way to continue their healing between appointments.

*For the women
who are strong...
and tired.*



A page from *The Art of Becoming*

WHY THIS WORKS

Healing doesn't only happen during the 50-minute session

Clients leave therapy with real insight and intention — and then life starts again. The emails. The kids. The responsibilities. The stress.

The journal creates a gentle bridge between appointments, helping clients slow down, reflect, and reconnect with what they discovered in session — so the work continues long after they walk out the door.

WHY GUIDED REFLECTION WORKS



Reflective writing improves self-awareness



Creative expression reduces stress



Mindfulness supports emotional regulation



Writing reinforces insight and learning

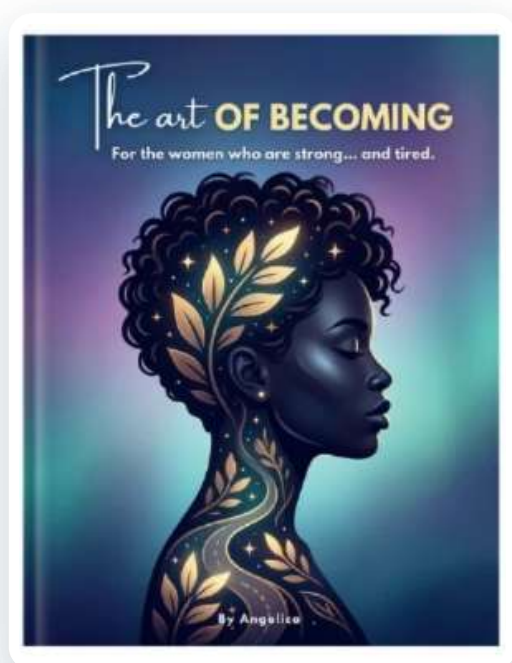


*I've started using *The Art of Becoming* with several clients who struggle with slowing down between sessions. It gives them a gentle, structured way to keep reflecting — and they come back more grounded.*

— LICENSED CLINICAL SOCIAL WORKER

ABOUT THE JOURNAL

The Art of Becoming



A guided reflection journal that combines thoughtful prompts with mindful coloring — turning quiet moments into meaningful ones your clients can return to again and again.



Reflection

Thoughtful prompts help clients process, not just fill a page.



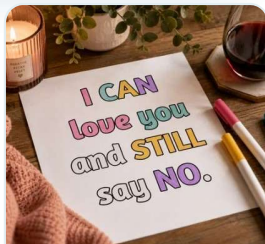
Mindfulness

Calming illustrations invite presence and a slower pace.



Emotional processing

A safe, structured space to sit with feelings between sessions.



IN PRACTICE

How professionals use it



Between sessions

Assign pages as gentle homework to continue reflection after appointments.



Women's groups

A guided activity for healing circles, coaching groups, and retreats.



Anxiety support

A structured pause that helps clients regulate thoughts and emotions.



Mindfulness

A tactile, screen-light practice for breath, presence, and grounding.



Burnout recovery

Support for women who are exhausted, overextended, and carrying too much.



Waiting room experience

Leave copies out so reflection begins before the appointment even starts.

HEALING PARTNER PROGRAM

A simple, low-friction partnership

HOW EACH COPY WORKS

Client pays **\$20**



Partner keeps **\$7**



Ther-ART-py receives **\$13**



Request a complimentary review copy to see if it's a good fit for your practice.



No upfront inventory

Placement can start simply, without a heavy buy-in.



Monthly reconciliation

An easy rhythm for professionals who need low-maintenance systems.



Replenishment support

Inventory is refreshed as needed through direct contact with Coach AJ.

Start small.

Most practices begin with just 5–10 copies to see what resonates with their clients — no large upfront commitment.

COMING SOON

An expanding library of guided reflection journals

- For Teen Girls
- For Entrepreneurs
- For Women Supporting a Loved One Through Addiction

ABOUT COACH AJ

The person behind the journal



Coach AJ

FOUNDER, THER-ART-PY STUDIOS

Coach AJ created *The Art of Becoming* to help women create intentional moments of peace, reflection, and emotional wellness through creative expression — extending the healing that begins in the therapy room into everyday life.

FREQUENTLY ASKED

How many books should we start with?

A comfortable range is 5–10 copies to introduce the journal without overcommitting.

What if they don't sell?

Unsold inventory can be returned or exchanged by agreement — no risk in placing them.

Can I purchase books outright?

Absolutely. Wholesale pricing is available for practices that prefer to purchase inventory directly.

How do we reorder?

Reach out by phone or website and replenishment is arranged quickly.

NEXT STEPS

Become a Healing Partner

The easiest first step is simple: request a complimentary review copy and see if *The Art of Becoming* is right for your clients.

🌐 ther-art-py.com

📞 708-314-6864



SCAN TO REQUEST
A REVIEW COPY