Therapy Office Decor Steps

Sit in the chair, read the walls, and choose what helps.

Name: _____ **Date:** _____

1. Client chair

Sit where the client sits first.

2. Order

Clear clutter and keep paths open.

3. Softness

Comfort matters more than trends.

4. Read it

Read every word on the wall aloud.

5. Message check

Could this sting someone today?

6. Few posters

Pick a few you will actually use.

7. Placement

Both of you can see and point.

8. In session

Point, practice, and offer a copy.

9. Review

Take down what no longer fits.

What this planner is and is not

A setup aid for walls you will use in session, not a design catalog.

Is Working posters, not wallpaper	Tools you point to together
Is not Not treatment by itself	A lecture, a slogan, a trend
Care 988 if someone is in crisis	Consent, safety, kind words

Skill and setup aid only. Does not diagnose or treat any condition.

Crisis: call or text 988 · Text HOME to 741741 · Emergency: 911

If someone is being hurt or may hurt someone, get help first.

Not affiliated with APA, NASW, SAMHSA, Linehan or any named author.

Therapy Office Room Planner

What clients see, and whether each message is kind.

Name: _____ **Date:** _____

From the client chair

Room type (office, school, group, telehealth): _____

What I see first from the client chair: _____

Clutter or harsh items I should move: _____

Soft or orderly touches that help: _____

Path to the door feels clear? (yes / notes): _____

Message check for each wall item

For each poster or quote: read it aloud. Would it sting after a hard session?

Item 1 and verdict (keep / move / take down): _____

Item 2 and verdict: _____

Item 3 and verdict: _____

Item 4 and verdict: _____

A message that could feel like advice or blame: _____

A kinder way to say the same idea: _____

Who this room needs to welcome: _____

Consent, culture, and safety notes

Languages and reading level in this room: _____

Images that might not fit every client: _____

If someone asks to turn a poster around: _____

Other notes: _____

Crisis: 988 · HOME to 741741 · 911 · Safety comes before decor

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Therapy Office Poster Plan

Which posters to use, where they go, and when.

Name: _____ **Date:** _____

Poster idea	Where it hangs	When I point to it	Take-home?
Window of tolerance			
CBT triangle			
Feelings wheel			
Anger iceberg			
5 4 3 2 1 grounding			
Stress responses			
Thinking traps			
Box breathing			
Circle of control			

Decor pocket cards (cut out)

Chair Sit there first	Order Neat, not bare	Read Say every word
Sting? Could this hurt?	Few Use what you teach	Point Look at it together
Copy Offer a take-home	Review Change the walls	Help 988 · HOME · 911

Not a treatment. 988 · HOME 741741 · 911 · Get help if anyone is not safe

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Therapy Office Decor Posters

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4608084040 | instant digital download

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