



There is a large amount of counselling and psychotherapy literature available on themes of time and space in relation to therapy sessions. Such literature spans length of sessions (Greenson, 1974; Goleman, 1984; Shapiro 2000), frequency of sessions (Bruijniks et al., 2015), time of day of sessions (Meuret et al., 2016), final minutes of sessions (Gans, 2016), physical environment (Lecomte et al., 1981; Pearson & Wilson, 2012), and the temporal dimension in sessions (Craciun, 2017; Wright, 2020). The time period immediately after counselling sessions appears to have received little formal attention in the literature. A previous client of the author mentioned that they wrote notes immediately after face-to-face counselling sessions to help with remembering and processing. The particular client engaged well in therapy, which prompted the query of if the time immediately post-counselling session might be important and if a therapeutic opportunity may be overlooked by clients being back to their daily lives/the outside world so quickly after counselling sessions. Leaving the therapy room after a face-to-face counselling session, by its very temporal, spatial, and motional nature, is a relatively quick transition. The transition is more instant after an online counselling session. Within seconds a client is outside of the counselling environment and back into the outside world/daily life. Considering the special uniqueness of the counselling environment and the potential personal depths of work in sessions one might ponder the usefulness of dedicated transitional time and space immediately post session to allow time for 'coming down' from a counselling session, the gathering of one's thoughts, and for processing/reflecting prior to returning to daily life. Wright (2020) describes the therapy session as a unique temporal experience and explores how it fits in and interplays with the rest of people's time. She also describes interplay between clock time and the subjective experience of