



Title: TheraNest: Improving the efficiency and consistency of child therapy documentation process using AI
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Summary

TheraNest is a digital platform developed to support therapists working with children by simplifying the way session information, observations, and progress summaries are recorded and organised. It provides a structured yet easy-to-use environment where therapists can document their work, and generate clear summaries for families and professional teams. By reducing administrative friction and centralising information, TheraNest helps therapists focus more on meaningful interactions with children while maintaining high-quality documentation that supports continuity of care and collaboration.

Recognising the Realities of Therapeutic Practice

Therapists working with children encounter countless small but meaningful moments during each session. A child attempting a new strategy, expressing themselves differently, or engaging more confidently in an activity can represent important developmental progress. These moments are valuable, yet capturing them clearly and consistently in written documentation can be time-consuming. Therapy settings often require professionals to balance direct work with children alongside detailed reporting. Session notes, progress updates, and communication with families are essential parts of the process. Over time, these records accumulate and become an important reference for understanding how a child's development unfolds. However, when documentation is scattered across multiple files or systems, it becomes harder to maintain a clear picture of progress. TheraNest was developed with these practical realities in mind. The platform provides a centralised space where therapists can capture key observations from sessions and organise them in a way that supports both reflection and reporting.

A Digital Space for Organising Therapeutic Work

TheraNest functions as a structured digital workspace for therapists. Each child has a dedicated record within the platform, allowing therapists to document session notes, observations, and intervention activities in one place. Over time, these entries build a timeline of the child's learning and development. This organised structure supports a more coherent understanding of each child's journey. Instead of piecing together information from different documents, therapists can easily review how interventions have evolved and how the child has responded over time. The platform also supports the generation of clear and accessible summaries. These summaries help translate detailed session observations into information that can be shared with parents, caregivers, and colleagues.

Supporting Communication with Families

Families play an important role in reinforcing learning outside the therapy environment. Clear communication helps parents understand what their child is working on and how they can support development at home. TheraNest helps therapists present session insights in a structured and approachable format. By transforming session notes into concise summaries, therapists can share key highlights from therapy sessions, explain the child's progress, and outline possible next steps. This clarity strengthens the connection between therapy sessions and the child's everyday environment. Parents gain a better understanding of the therapeutic process and the goals being worked towards.

Enabling Continuity and Designed for Practical Use

Children receiving intervention services often interact with multiple professionals across different settings. Teachers, therapists, and support staff may all contribute to the child's learning and development. A centralised documentation system supports continuity across these interactions. TheraNest helps therapists maintain a consistent record of what has been implemented, what outcomes have been observed, and which strategies have been most effective. This structured information can support professional collaboration by providing a shared understanding of the child's developmental progress and current needs. The design of TheraNest focuses on usability and clarity. The platform emphasises straightforward workflows that fit naturally into therapists' daily routines. Recording session information, and generating summaries are designed to be simple processes that can be completed efficiently. This practical approach ensures that documentation remains manageable while maintaining the depth and accuracy required in therapeutic work. Therapists can therefore spend less time navigating administrative processes and more time focusing on meaningful engagement with children.

Looking Ahead

TheraNest represents an evolving approach to supporting therapeutic documentation. As therapists continue to use and adapt the platform, it can grow to better reflect the needs of intervention professionals and the children they support. The long-term vision is to strengthen the way therapeutic insights are recorded, shared, and applied. Clear documentation contributes to better understanding of each child's progress and helps guide thoughtful, responsive interventions. By providing a reliable space for recording and organising therapeutic work, TheraNest supports the broader goal of helping children build skills, confidence, and new possibilities for learning.

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