

A private journal you can recommend between sessions.

Innerholm is a journal, made like a notebook and private like one. It is not a therapy app and not a replacement for the room. It is somewhere a client can keep notes between sessions so nothing gets lost on the way to the next one: what they want to bring when they go, what has been loud this week.

What a client can do with it

- Keep a therapy journal with a "what to bring next time" frame, alongside any other journals they keep.
- Write on a phone, tablet, or computer, in the browser; nothing to install unless they want to.
- Turn on a reminder at a time they choose, or leave it off. Nothing nags.
- Export everything as plain Markdown, any time, free, and bring a page to a session if they choose to.

Plain capability names

- Encrypted journals: sealed on their device before anything is stored.
- On-device journals: never leave the device at all.
- No ads, no trackers, no content scanning.
- Nothing trains on what they write.

What is in it for you

Nothing. There is no referral fee, no sign-up, no code, and no way for us to know a client came from you. It is a tool you can mention, the way you might mention a notebook.

How to mention it

"Some people find it helps to keep a few notes between sessions, what you want to bring, what came up. If you would rather not use paper, Innerholm is a private one that runs in the browser." Then leave it with them.

Cost

The core is free and stays free: unlimited entries, sync, search, export. Innerholm+ (\$5 a month or \$40 a year) opens more editions, including the therapy edition. Encryption and export are never paid features.

Nothing trains on what they write, every data-collection feature is off until they turn it on, and some journals never touch our servers at all.

innerholm.com/for-therapists · innerholm.com/journal/therapy · innerholm.com/privacy