

# THERAPY SESSION NOTES TEMPLATE

Simple and effective session notes template for processing your therapy sessions.

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## SESSION NOTES

DATE \_\_\_\_\_

TOPICS TO BE DISCUSSED:

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

HOW AM I FEELING TODAY?

😊 😊 😐 😞 😡 😭

SESSION NOTES:

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WHAT DOMINANT EMOTIONS DID THIS SESSION BRING UP FOR YOU?

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THINGS TO WORK ON IN THE UPCOMING WEEK:

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WHAT DID I FEEL GOOD ABOUT ABOUT MYSELF?

\_\_\_\_\_  
\_\_\_\_\_

AM I ASKING OF MY MENTAL HEALTH FOR THIS WEEK?

☆☆☆☆☆

2

## SESSION NOTES

DATE \_\_\_\_\_

TOPICS TO BE DISCUSSED IN TODAY'S SESSION:

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HOW AM I FEELING TODAY?

😊 😊 😐 😞 😡 😭

SESSION NOTES:

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WHAT DOMINANT EMOTIONS DID THIS SESSION BRING UP FOR YOU?

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

WHAT DID YOU FEEL GOOD ABOUT ABOUT MYSELF?

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\_\_\_\_\_

THINGS TO WORK ON IN THE UPCOMING WEEK:

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AM I ASKING OF MY MENTAL HEALTH FOR THIS WEEK?

☆☆☆☆☆

# Therapy Session Notes Template

**Arthur M. Nezu, Christine Maguth  
Nezu, Elizabeth R. Lombardo**



## **Therapy Session Notes Template:**

*The Adult Psychotherapy Progress Notes Planner* David J. Berghuis, Arthur E. Jongsma, Jr., 2004-05-07 The Adult Psychotherapy Progress Notes Planner Second Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Complete Adult Psychotherapy Treatment Planner Third Edition The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 42 main presenting problems including anger management chemical dependence depression financial stress low self esteem and Obsessive Compulsive Disorder OCD Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TR TM diagnostic categories in The Complete Adult Psychotherapy Treatment Planner Third Edition Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including the JCAHO and the NCQA

Documentation for Rehabilitation - E-Book Lori Quinn, James Gordon, 2024-04-12 Better patient management starts with better documentation Documentation for Rehabilitation 4th Edition demonstrates how to accurately document treatment progress and patient outcomes using a framework for clinical reasoning based on the International Classification for Functioning Disability and Health ICF model adopted by the American Physical Therapy Association APTA The documentation guidelines in this practical resource are easily adaptable to different practice settings and patient populations in physical therapy and physical therapy assisting Realistic examples and practice exercises reinforce the understanding and application of concepts improving skills in both documentation and clinical reasoning Workbook textbook format with examples and exercises in each chapter helps reinforce understanding of concepts Coverage of practice settings includes documentation examples in acute care rehabilitation outpatient home care nursing homes pediatrics school and community settings Case examples for a multitude of documentation types include initial evaluations progress notes daily notes letters to insurance companies Medicare documentation and documentation in specialized settings NEW Movement Analysis Linking Activities and Impairments content addresses issues related to diagnosis NEW An eBook version included with print purchase provides access to all the text figures and references with the ability to search customize content make notes and highlights and have content read aloud Updated case examples provide clinical context for patient documentation Revised content including updated terminology from the latest updates to the Guide to Physical Therapist Practice provides the most current information needed to be an effective practitioner Updated references ensure content is current and applicable for today's practice

The Addiction Progress Notes Planner David J. Berghuis, 2005-08-11 The Addiction Progress Notes Planner contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Addiction Treatment Planner Third Edition The prewritten progress notes can be easily and quickly adapted to

fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 41 main presenting problems that range from opioid dependence to new chapters in this edition covering such co occurring disorders as chronic pain dangerousness lethality and self care deficits Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TR diagnostic categories in The Addiction Treatment Planner Third Edition Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including the JCAHO and the NCQA

**Schema Therapy Worksheets for Therapists** LARRY COYNE WEAVER, Transform Your Clinical Practice with 65 Evidence Based Schema Therapy Worksheets The Most Comprehensive Collection Available This professional resource offers therapists a full set of ready to use worksheets for every stage of Schema Therapy Designed by clinicians for clinical use each worksheet comes with clear instructions and step by step application guides that you can use right away What Makes This Resource Unique Over 65 worksheets covering all 18 Early Maladaptive Schemas Targeted interventions for Child Parent and Coping modes Assessment tools with scoring guides included Experiential exercises for both individual and group settings Custom versions for adolescents couples and other populations Tips for integrating with CBT DBT and trauma informed care Ideal For Therapists social workers counselors clinical supervisors psychology students and anyone using Schema Therapy in practice Whether you're certified or just beginning this toolkit gives you a practical foundation for effective treatment Use These Tools For Personality disorders Complex PTSD and childhood trauma Hard to treat depression and anxiety Relationship and attachment problems Changing long standing behaviour patterns Running Schema Therapy groups What's Inside Each Worksheet Simple instructions background theory clinical pointers and printable formats that work for both telehealth and in person sessions Everything aligns with both basic and advanced Schema Therapy training standards Note This workbook is for trained mental health professionals Use the content within appropriate clinical guidelines and supervision

**Basic Counseling Techniques** Wayne Perry, 2008-01-21 Wayne Perry has been a therapist for more than thirty years but he still hears the same thing from beginning counselors and therapists Yes I know what the theory says but what do I do with this particular client Drawing on his decades of experience training marriage and family therapists professional counselors and pastoral counselors he answers that question in the updated edition of his landmark book Basic Counseling Techniques He provides practical suggestions for setting up the therapy room using audiovisual recording equipment and conducting those first critical interviews You'll learn how to apply nine different sets of clinical tools select the appropriate tool for the appropriate clinical situation and improve how you carry out the clinical thinking process Each chapter concludes with a Living into the Lesson section that allows you to participate in experiential exercises to master what you've learned While designed for counselors and therapists in the beginning of their careers even veterans in the field will find value in this

updated edition      **Clinical Documentation with Children and Adolescents** Amy Marschall, 2023-08-29 This book addresses the unique challenges therapists face when documenting their clinical work with children providing insight into what ethical appropriate and culturally competent practice looks like Clinical documentation is vital for ethical and legal practice and good documentation helps clinicians leave room for client centered and age appropriate interventions such as play therapy Beginning with an overview of the important considerations unique to providers working with children Amy Marschall offers guidance on all aspects of clinical documentation such as intakes treatment plans mental status examinations progress notes safety plans and more Each chapter includes specific examples of clinical situations with guidance on how to document these situations effectively With chapters on client confidentiality and telehealth as well as special attention being paid to cultural awareness including race ethnicity gender sexual orientation and socioeconomic status this book includes blank templates of treatment plans progress notes and risk assessments for therapists to use in their practice This book is essential for any mental health professional who works with children in both individual and family work including psychologists licensed clinical social workers licensed professional counselors mental health counselors marriage and family therapists play therapists school counselors and therapist interns      Documentation for Rehabilitation Lori Quinn, James Gordon, 2015-12-11 Better patient management starts with better documentation Documentation for Rehabilitation A Guide to Clinical Decision Making in Physical Therapy 3rd Edition shows how to accurately document treatment progress and patient outcomes Designed for use by rehabilitation professionals documentation guidelines are easily adaptable to different practice settings and patient populations Realistic examples and practice exercises reinforce concepts and encourage you to apply what you've learned Written by expert physical therapy educators Lori Quinn and James Gordon this book will improve your skills in both documentation and clinical reasoning A practical framework shows how to organize and structure PT records making it easier to document functional outcomes in many practice settings and is based on the International Classification for Functioning Disability and Health ICF model the one adopted by the APTA Coverage of practice settings includes documentation examples in acute care rehabilitation outpatient home care and nursing homes as well as a separate chapter on documentation in pediatric settings Guidelines to systematic documentation describe how to identify record measure and evaluate treatment and therapies especially important when insurance companies require evidence of functional progress in order to provide reimbursement Workbook textbook format uses examples and exercises in each chapter to reinforce your understanding of concepts NEW Standardized Outcome Measures chapter leads to better care and patient management by helping you select the right outcome measures for use in evaluations re evaluations and discharge summaries UPDATED content is based on data from current research federal policies and APTA guidelines including incorporation of new terminology from the Guide to Physical Therapist 3 0 and ICD 10 coding EXPANDED number of case examples covers an even broader range of clinical practice areas      **Foundational Concepts**

**and Models of Family Therapy** Yulia Watters, Darren Adamson, 2023-08-08 This textbook aims to introduce students to the foundational concepts of the marriage and family therapy field providing a comprehensive overview of a range of models and their practical application Designed specifically for distance learning Yulia Watters and Darren Adamson bring together a collection of experienced marriage and family therapists to teach the absolute essentials of marriage and family therapy without peripheral or incidental information Iterative in its presentation the book introduces important systems concepts provides a compelling history of family therapy presents detailed exploration of classical and postmodern approaches to therapy and covers clinical application and treatment planning It uniquely follows the course structure of the first institution to receive Commission on Accreditation for Marriage and Family Therapy Education COAMFTE accreditation for both master's and doctoral online programs giving students the fundamental knowledge they need to help them prepare for their licensing examination and subsequent practice as MFTs Written for students seeking to be MFT practitioners this important volume adds a fresh perspective to teaching and application of family therapy

**Succeeding in Your Psychotherapy Practicum and Internship** Michael D. Reiter, Kayleigh Sabo, 2024-06-28 Succeeding in Your Psychotherapy Practicum and Internship is a book about what students can often expect from their psychotherapy internship and how they can make the most of their experience The book is written from two perspectives one that of a seasoned therapist professor and supervisor of therapy and two the perspective of a registered intern therapist who just went through the internship process Succeeding in Your Psychotherapy Practicum and Internship covers the basics of psychotherapy internships from the beginning stages of finding and starting at an internship site to navigating the common experiences at an internship to reflecting on therapeutic growth and the ending of an internship and much more Students will come away from this book with a deep understanding of each perspective one that will enhance their appreciation of the practicalities and possibilities of their practicum and internship experiences

**ChatGPT for Occupational Therapists** Jade Summers, Discover how artificial intelligence is revolutionizing occupational therapy Whether you're an experienced OT a healthcare student or a tech curious practitioner this guide is your blueprint for integrating ChatGPT into your practice Learn to streamline documentation personalize treatment plans improve patient engagement and boost your efficiency without sacrificing the human touch With real life case studies and hands on strategies this book demystifies AI and shows you how to use it ethically effectively and confidently Inside You'll Learn How ChatGPT can support patient education and engagement Tools for simplifying documentation and note taking Research backed strategies for evidence based practice Building rapport and communication with AI tools Real world case studies and implementation tips Ethical considerations and privacy must knows Future forward and highly practical ChatGPT for Occupational Therapists is your essential guide to leveling up your OT practice with the power of AI

**Cognitive-Behavioral Case Formulation and Treatment Design** Arthur M. Nezu, Christine Maguth Nezu, Elizabeth R. Lombardo, 2004-03-15 This user friendly guide will help the clinician develop Cognitive Behavioral

treatment plans for 11 common psychological disorders e g major depressive disorder generalized anxiety borderline personality disorder anger problems Based on a problem solving model and empirical literature the authors focus on two major clinical tasks involved in this process case formulation and treatment design They delineate short term goals long term goals treatment targets and potential interventions Appendices include quick guides to CBT treatment planning for the 11 disorders and selected major CBT clinical intervention strategies noted throughout the book **Treatment Companion**

Inna Itskovich,Megan Meyer,Miriam Shaffer,2023-04-14 Whether you re working with a new student and don t know where to begin or you have a long term client and you re feeling stuck Treatment Companion A Speech Language Pathologist s Intervention Guide for Students With Developmental Delays and Disorders provides ideas and strategies for a variety of common language goals Speech language pathologists SLPs often face the challenge of adapting interventions to meet the needs of students with severe or complex disorders and diagnoses As seasoned clinicians the authors fuse their real world experience with up to date research to create a robust road map for customizing SLP intervention strategies User friendly and straightforward the Treatment Companion offers a conversational approach to identifying options and goals that meet students where they are whether they are visual or kinesthetic learners oral speakers or AAC users engaged or distracted from birth to age 21 With easy to navigate headings examples and visuals this guide can be consulted on an as needed basis The suggestions and strategies are accessible and innovative often not requiring any specialized supplies to implement The Treatment Companion offers both novice and experienced clinicians a valuable tool to support their clients in achieving the highest level of communication possible Key Features Language goals are divided into four levels that are aligned with developmental milestones Detailed figures feature examples of intervention resources and strategies color versions provided on the companion website Steps Toward Mastery outlines a progression for guiding students to mastery of a goal from introduction of a skill to achieving independence and generalizing the skill Activities in Treatment offers suggestions for working on skills through specific therapy activities Demystifying Augmentative and Alternative Communication appendix provides an approachable overview and example scenarios for those new to AAC **A Therapist's Guide to Private**

**Practice** Sarah Rees,2024-07-16 This book is a comprehensive guide to setting up running and growing a successful private therapy practice that resonates with your values and professional goals Guiding you through every detail from making the initial decision to set up your own private therapy practice to scaling your practice this guide will support you in overcoming the common challenges you may encounter It is filled with practical exercises templates and checklists including business planning actions at the end of each chapter so you can craft your first business plan Ensuring you have a solid foundation and can shape a private therapy practice that meets your financial and personal needs while reflecting the passion that led you to your profession A motivational and inspiring read for therapists psychotherapists coaches and counselors Get ready to turn your dream into reality and create something profoundly impactful and uniquely yours Concise Counseling Jody Blevins

Lpc,2011-06-13      *Therapeutic Reasoning in Occupational Therapy - E-Book* Jane Clifford O'Brien,Mary Beth Patnaude,Teressa Garcia Reidy,2021-12-24 Build the clinical reasoning skills you need to make sound decisions in OT practice *Therapeutic Reasoning in Occupational Therapy How to Develop Critical Thinking for Practice* uses practical learning activities worksheets and realistic cases to help you master clinical reasoning and critical thinking concepts Video clips on the Evolve website demonstrate therapeutic reasoning and show the diverse perspectives of U S and international contributors Written by OT experts Jane Clifford O'Brien Mary Elizabeth Patnaude and Teressa Garcia Reidy this how to workbook makes it easier to apply clinical reasoning in a variety of practice settings Dynamic interactive approach reinforces your understanding with learning activities in each chapter Case studies and experiential learning activities flow from simple to complex and represent occupational therapy across the lifespan AOTA's Occupational Therapy Practice Framework 4th Edition and current OT practice are reflected throughout the book Practical learning activities and templates are clinically relevant and designed to support reasoning in a variety of practice settings Video clips on the Evolve website are contributed by practitioners educators and students reinforcing content and showing how therapeutic reasoning applies to real world cases Worksheets and or templates are included in each chapter to enhance learning and for use in practice Assessments in each chapter measure therapeutic reasoning outcomes Student and practitioner resources on Evolve include printable PDFs of the in text worksheets video clips additional case examples templates for assignments exemplars and reflective activities

*Marriage and Family Therapy* Linda Metcalf,2011-06-23 There are many different models of marriage and family therapy the challenge for students and beginning practitioners is deciding which one best suits their individual purposes This highly practical volume elucidates the defining characteristics of 14 contemporary models including their history views of change views of family and the role of the therapist and methods of assessing family dynamics goal setting facilitating change and knowing when to terminate Each chapter also includes a template for implementing therapy models and realistic case studies many drawn from actual practice to illustrate how each model would address common issues In addition the volume includes extensive interviews with master therapists such as Albert Ellis Insoo Kim Berg Sue Johnson Susan McDaniel Derald Wing Sue and many others They share their ideas of the ways in which change occurs how they set goals and how they perform therapy For further clarification each therapist illustrates how he/she would proceed via the same case study Learning how to perform effective family therapy can be an arduous process of trial and error yet this resource will ease the way for students and currently practicing family therapists who need to revisit the basics Modalities Included Bowen Family Systems Theory Contextual Family Therapy Cognitive Behavioral Family Therapy Models Rational Emotive Behavior Therapy Symbolic Experiential Family Therapy Satir Human Validation Process Model Milan Systemic Family Therapy Structural Family Therapy Strategic Family Therapy Solution Focused Brief Therapy with Families Narrative Therapy with Families Emotionally Focused Therapy Medical Family Therapy Family Psychoeducation Key Features Introduces the theory history



theoretical assumptions techniques and components of each model Includes a template for using each model from the initial meeting through assessment intervention and termination Provides numerous interviews with master therapists Includes case study commentary and analysis by master therapists Suggests questions therapeutic strategies and or comments to consider for each therapeutic phase Includes a personality inventory to help readers select the most effective modality

**Physical Therapy Documentation** Mia Erickson,Ralph Utzman,Rebecca McKnight,2024-06-01 Newly updated and revised Physical Therapy Documentation From Examination to Outcome Third Edition provides physical therapy students educators and clinicians with essential information on documentation for contemporary physical therapy practice Complete and accurate documentation is one of the most essential skills for physical therapists In this text authors Mia L Erickson Rebecca McKnight and Ralph Utzman teach the knowledge and skills necessary for correct documentation of physical therapy services provide guidance for readers in their ethical responsibility to quality record keeping and deliver the mechanics of note writing in a friendly approachable tone Featuring the most up to date information on proper documentation and using the International Classification of Functioning Disabilities and Health ICF model as a foundation for terminology the Third Edition includes expanded examples across a variety of practice settings as well as new chapters on Health informatics Electronic medical records Rules governing paper and electronic records Billing coding and outcomes measures Included with the text are online supplemental materials for faculty use in the classroom An invaluable reference in keeping with basic documentation structure Physical Therapy Documentation From Examination to Outcome Third Edition is a necessity for both new and seasoned physical therapy practitioners

**Humanistic Sandtray Therapy** Ryan D. Foster,2024-11-21 Humanistic Sandtray Therapy The Definitive Guide to Philosophy Therapeutic Conditions and the Real Relationship provides a comprehensive exploration of the underlying theory necessary skills and practical applications behind Humanistic Sandtray Therapy HST based on a person centered gestalt model This book takes a deep dive into a philosophically based system of sandtray therapy in which all elements of the HST approach are provided in great detail from the nuts and bolts of creating a sandtray and structuring the experience based on client culture and counseling setting to process oriented issues Written with a genuine human touch invaluable materials such as an HST treatment manual and a weblink to videos of HST sessions with real clients are included to assist academics and researchers in designing HST treatment outcome studies

The Guide to Play Therapy Documentation and Parent Consultation Linda E. Homeyer,Mary Morrison Bennett,2023-03-01 The Guide to Play Therapy Documentation and Parent Consultation guides play therapists through the case documentation process from the initial inquiry for services through intake session diagnosis treatment planning session notes and termination summary There s a special focus on writing session notes one of the areas in which play therapists most often request additional training Chapters also identify play themes explore clinical theories and case conceptualization and guide play therapists from the playroom to the paperwork The authors include several examples of

case notes and treatment plans completed from a variety of theoretical perspectives and vignettes and case studies illustrate ways to connect with caregivers strategies for working with challenging caregivers addressing difficult topics at different ages and stages of parenting how to talk about sex screen time co parenting etc and much more The book also includes a thorough discussion of ways to structure parent consultations to facilitate the therapeutic process Expansive appendices provide many case examples and tips to explain and demonstrate documentation and the authors provide form templates in the text and on the book s website

**Crafts and Creative Media in Therapy** Carol Tubbs, Margaret Drake, 2024-06-01 For more than 20 years *Crafts and Creative Media in Therapy* Fifth Edition has been an illuminating reference for the use of creative approaches in helping clients achieve their therapeutic goals Carol Crellin Tubbs has included a range of craft and creative activity categories from paper crafts to cooking to the use of recycled materials and everything in between Each chapter includes a brief history of the craft several projects along with suggestions for grading or adapting examples of related documentation and a short case study The text also features chapters on activity analysis general strategies for implementation of creative activities and documentation as well as a chapter describing the relevance of this media from both historical and current occupation based perspectives In this updated Fifth Edition the craft projects have been updated and numerous resources and links for more ideas have been added There are new chapters on making therapy tools and crafting with a purpose and the recycled and found materials chapter has been expanded in keeping with cultural trends A flow chart has been added to each case study to help students better understand the process and rationale for tailoring activities for individual client needs and project suggestions for working on specific performance skills or client factors are scattered throughout the chapters Other additions include a behavioral observation checklist as an aid in evaluation and documentation and several illustrations to help students distinguish between the use of occupation as means and occupation as end This Fifth Edition also includes an updated instructors manual with additional resources and suggestions for lesson planning *Crafts and Creative Media in Therapy* Fifth Edition not only provides a wide assortment of craft ideas and instructions but also provides multiple suggestions for therapeutic uses for activities in each category It includes ways to grade activities to best achieve therapy objectives and examples of documentation for reimbursement For each craft category there is discussion on precautions for use with certain populations contextual limitations and safety considerations Information is presented in several different formats such as examples tables illustrations and other formats to promote student understanding Included with the text are online supplemental materials for faculty use in the classroom *Crafts and Creative Media in Therapy* Fifth Edition is the foremost resource for using creative approaches in helping clients achieve their therapeutic goals and should be used by all occupational therapists occupational therapy assistants and recreational therapists

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