

Free CBT Therapy Note

Therapy Note

Record Date and Client ID

The therapy session was conducted on June 10, 2050. The client is **Carlos Martinez**, identified by the client ID: CM5001.

CBT Methods Utilized

During the session, several techniques of CBT were employed. Primarily, the focus was on cognitive restructuring. Martinez was encouraged to challenge his negative thought patterns and self-dialogue to develop more rational, positive, and constructive notions. We also concentrated on mindfulness-based cognitive therapy, which has helped Carlos to shift his focus from negative thoughts to the present moment, providing a greater sense of calm and control.

Discussed Issues

The primary issues discussed during the Hospital Therapy session were related to Carlos' heightened levels of anxiety and the anticipatory stress related to recent medical diagnoses. He revealed difficulties in prioritizing tasks at work and managing relationships due to his distracted mental state.

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