

CBT Session Notes

Client's Name			
ID	DoB	Session	Date/Time

Be mindful of session AIM

Agree Agenda – Collaborative 50/50 – therapist also suggest topic

Prioritise – what's most important for us to cover today?

How can we best spend our time together today?

What would you like us to focus on?

Homework

Review Week

Mood check 0 - 10

Feedback from last session

What was helpful / unhelpful?

Any questions?

Review Homework

Any difficulties?

Anything that you've noticed, or learned?

Session Issue / Treatment

Frequent summaries & feedback

Give the pen!

Thoughts / Emotions / Behaviours

Thinking Errors / 5 Aspects or ABC

Guided discovery – What, where, with who, when

Relate to formulation

Check time: *we've got ? minutes left....*

Negotiate homework – explain

What would be useful to do before our next session that would reinforce what we've learned today?

Do you anticipate any difficulties?

Do you understand what to do?

Is there anything you'd like me to do before our next session?

Session feedback – Summarise what we've covered

Have we done what we agreed we would do?

What has been helpful / unhelpful?

Anything you've found difficult, or aren't sure of?

Anything else?

Signature:

Arrange next appointment

Print name:

Designation: