

# Sample Notes

## Narrative Format

### Intake Session Example

Reviewed limits to confidentiality, potential benefits and drawbacks to therapy, potential telehealth limitations and other policies. Obtained consent for treatment.

Reviewed with client intake assessment form and symptoms questionnaire. Discussed reason for seeking therapy and gathered biopsychosocial history. Client's goal is to discover personal strengths and how to use these in current job, while also focusing on non-medication strategies for addressing ADHD. Discussed how to implement these goals in counseling over the next four weeks and will revisit treatment plan at that time. Identified one goal to work on prior to next session (sleep schedule) and provided online resources for follow-up reading on the topic.

Next session is planned for 02/22/17 at 4pm.

*Note: I do not go into details here regarding the biopsychosocial because I have that information inside that form. No need to do double work!*

# Sample Notes

## DAP Format

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### Client with Anxiety

**Data:**

Client presented to session as jittery and reported feeling excited to share status of past week. Spoke quickly and initially had difficulty practicing techniques in session but was able to report herself as feeling a 3 out of 10 on the anxiety scale by end of session.

**Assessment:**

Client was successful in practicing techniques consistently over the last week and felt proud of her accomplishments but was initially unable to recognize her heightened state. Continues to show improvement in reducing reported level of anxiety within 10-15 minutes of mindfulness exercises practiced in session.

**Plan:**

Client will continue to practice techniques daily and report on progress. Next session scheduled for 02/23/17 at 6pm.

# Sample Notes

## PAIP Format

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### Parenting Techniques

**Problem:**

Client and wife are in disagreement regarding parenting strategies for adult daughter.

**Assessment:**

Client reports feeling guilty regarding divorce and potential impact on daughter and struggles to implement consequences due to guilt. Wife appears resentful regarding the ongoing conflict and reported a timeframe for when she expects change in the household. The couple was able to decide on household expectations but had difficulty agreeing on consequences.

**Intervention:**

Therapist challenged client's cognitive distortions regarding "throwing her out" and provided psychoeducation related to response bursts and patterns of ongoing behavior. Assisted client and wife in identifying top priorities within the household and in creating a plan to continue the discussion at home for further clarity.

**Plan:**

Client and wife will continue plan development at home and identify ways in which to involve daughter in the planning process. Will attend next session on 02/22/17 at 5pm.

# Sample Notes

## GIRP Format

### Play Therapy

**Goal:**

Client will reduce social anxiety at school from five days a week to two days a week.

**Intervention:**

Therapist used dolls to guide client in identifying triggers to anxiety and how anxiety feels in the body. Demonstrated dolls using breathing techniques and then practiced with client.

**Response:**

Client engaged with dolls and was able to identify the trigger of "people looking at her." She also identified multiple ways in which anxiety feels for the doll but denied having these feelings herself. Initially was apprehensive about breathing techniques but was able to implement once told she needed to learn them in order to teach the doll.

**Plan:**

Client and mother will identify feelings each morning and afternoon using feeling chart on the fridge. Client will practice teaching her dolls at home the breathing techniques.

# Sample Notes

## Forgotten Note

In case you are trying to write a note from months ago but can't remember what transpired during session, here is a template you can use that confirms the client attended session but avoids further details.

*Note: If you remember more details later on you can always write an "addendum" to the note and add those details so you have a more complete note! But for now, just write a note and move on rather than trying to force yourself to remember.*

"Client attended session. Addressed treatment goals and no unusual circumstances present. Scheduled next session for mm/dd/yy."