CBT Session Notes

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: 
Print name: 
Designation:

Arrange next appointment