

THERAPY SESSION NOTES

Diagnosis _____
Length of session _____ min.

Homework for next session

I. SYMPTOMS

Treatment plan, changes, meds

II. CONTENT

Core concerns

1.

2.

3.

4.

DATE

Participant(s)

III. PROCESS-SKILLS

Review of last session and homework

Agenda for this session

Progress/prognosis

Session Notes

Family of Origin Notes