COUNSELING SESSION PROGRESS NOTES

Client’s first name (or pseudonym): ______________________________ Date:_____________

Counselor: ____________________________________________________________________

1. What were your objectives for this session?

2. Describe the dynamics in the session (your own reactions to the client and the interactions between you and the client).

3. Summarize the key issues discussed during the session.

4. Describe relevant cultural or developmental information as it relates to the session or the client’s issue(s).

5. To what extent were your objectives for this session met?
6. Explain changes (or expansions) of your conceptualization of the problem(s).

7. List relevant diagnostic impressions including code and axis.

8. Explain changes (or expansions) of your treatment plan for this client.

9. Based on your treatment plan, what are your objectives for the next session?

10. Share any personal reflections on the session.

11. Questions to the supervisor/instructor.

______________________________  __________________________________________
Counselor Signature                      Instructor Signature                     Date

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