

COGNITIVE-BEHAVIORAL THERAPY (CBT)

CBT THERAPY SESSION NOTES TEMPLATE

6 TABS INCLUDED



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The image shows a laptop screen displaying a Google Sheets template for CBT therapy session notes. The template is organized into several sections:

- Session Information:** Includes fields for Date, Session Number, and Client Name.
- Goals:** A section for listing session goals.
- Cognitive-Behavioral Therapy (CBT) Techniques:** A table with columns for Technique, Description, and Homework. It lists various techniques such as Mindfulness, Cognitive Restructuring, and Exposure Therapy.
- Homework Assignments:** A section for listing homework tasks.

The template is designed to be used in Google Sheets, as indicated by the Google Sheets logo and the text "GOOGLE SHEETS" next to it.

Sample Of Cbt Session Note

Christian G. Meyer

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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