

COGNITIVE-BEHAVIORAL THERAPY (CBT)

CBT THERAPY SESSION NOTES TEMPLATE

6 TABS INCLUDED



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Session Information

Client: [Name] Date: [Date]
Session Number: [Number] Session: [Number] of [Total]

Goals

Outline a general overview of session objectives.
Identify client's main concerns and goals for this session.
Review client's progress on previous assignments.
Address and challenge automatic negative thoughts.

Cognitive-Behavioral Therapy (CBT) Overview

Definition	Challenges
CBT is a learning process.	Not all CBT is about learning to overcome negative thoughts.
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CBT is a learning process.	Not all CBT is about learning to overcome negative thoughts.
CBT is a learning process.	Not all CBT is about learning to overcome negative thoughts.
CBT is a learning process.	Not all CBT is about learning to overcome negative thoughts.

Session Topics

How would you describe your current emotional state?
Can you identify what the situation you're experiencing is about?
How do you feel about the situation you're experiencing?
Can you describe using a self-reflecting strategy during the session?

Understanding Emotions

How would you describe your current emotional state?
What do you think triggered the emotion?
Can you identify the primary emotion you're feeling right now?
Are there any physical sensations associated with your emotion?
How do you typically react to strong emotions?

Emotions/Regulation | Goals | [Previous Session](#)

Sample Of Cbt Session Note

Ying-Ying Zheng



Sample Of Cbt Session Note:

Whispering the Strategies of Language: An Psychological Journey through **Sample Of Cbt Session Note**

In a digitally-driven world where monitors reign supreme and instant conversation drowns out the subtleties of language, the profound techniques and mental subtleties hidden within phrases usually get unheard. However, nestled within the pages of **Sample Of Cbt Session Note** a charming fictional treasure pulsating with natural feelings, lies an exceptional journey waiting to be undertaken. Penned by an experienced wordsmith, this wonderful opus invites visitors on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within ab muscles material of each word. Within the psychological depths with this poignant review, we can embark upon a genuine exploration of the book is key subjects, dissect their interesting writing style, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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