

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: [Time]

Goals

Outline a general outline for session goals.
Specify short-term, medium-term, and long-term goals.
Include a brief description of the client's current state and the goals of the session.
Specify the goals of the session.

Cognitive-Behavioral Techniques

Technique	Description	Goal
Self-Monitoring	Ask the client to monitor their thoughts, feelings, and behaviors.	Help the client identify patterns in their thoughts, feelings, and behaviors.
Thought Records	Ask the client to record their thoughts, feelings, and behaviors.	Help the client identify patterns in their thoughts, feelings, and behaviors.
Behavioral Experiments	Ask the client to test their beliefs and assumptions.	Help the client identify patterns in their thoughts, feelings, and behaviors.
Relaxation Techniques	Ask the client to practice relaxation techniques.	Help the client identify patterns in their thoughts, feelings, and behaviors.

Homework

Assign homework tasks to the client.

Session Summary

Summarize the session.

Next Session

Plan for the next session.

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EW Minium



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Sample Of Cbt Session Note: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels enthralling the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the engaging narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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