

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 overview of session objectives.
Identify client's current emotional state.
Review client's progress from previous session.
Identify and challenge automatic negative thoughts.

Cognitive-Behavioral Techniques

Technique	Definition	Guidance
Self-Monitoring	Ask the client to identify up to 5 automatic negative thoughts.	Help the client identify up to 5 automatic negative thoughts.
Thought Challenging	Ask the client to identify up to 5 automatic negative thoughts.	Help the client identify up to 5 automatic negative thoughts.
Behavioral Planning	Ask the client to identify up to 5 automatic negative thoughts.	Help the client identify up to 5 automatic negative thoughts.
Problem Solving	Ask the client to identify up to 5 automatic negative thoughts.	Help the client identify up to 5 automatic negative thoughts.

Homework

How would you describe your current emotional state?
Can you identify the automatic negative thoughts you're experiencing right now?
How would you rate your confidence in applying the techniques discussed?
Can you identify up to 5 automatic negative thoughts you're experiencing right now?
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Session Summary

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**Michael L. Perlis, Carla
Jungquist, Michael T. Smith, Donn
Posner**

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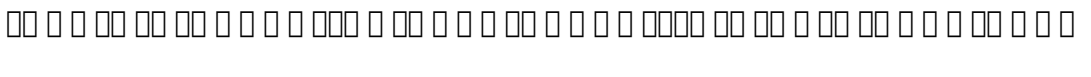
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