

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 Therapy (CBT) Techniques

Technique	Description	Guidance
Self-Monitoring	Ask the client to monitor up to 5 automatic thoughts or feelings.	Help the client identify patterns in automatic thoughts or feelings.
Thought Challenging	Ask the client to identify the automatic thought and challenge it.	Help the client identify the automatic thought and challenge it.
Behavioral Planning	Ask the client to identify the automatic thought and challenge it.	Help the client identify the automatic thought and challenge it.
Problem Solving	Ask the client to identify the automatic thought and challenge it.	Help the client identify the automatic thought and challenge it.

Homework Assignments

How would you describe your current emotional state?
Can you identify the automatic thoughts you're experiencing right now?
How would you describe your current emotional state?
Can you identify the automatic thoughts you're experiencing right now?
How would you describe your current emotional state?
Can you identify the automatic thoughts you're experiencing right now?

Sample Of Cbt Session Note

Richard S. Hallam

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.

Sample Of Cbt Session Note:

The Enigmatic Realm of **Sample Of Cbt Session Note**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Sample Of Cbt Session Note** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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