

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 specific goals for the session.
Outline the session structure and agenda.
Identify the session structure and agenda.
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Cognitive-Behavioral Therapy (CBT) Techniques

Technique	Definition	Guidance
Self-Monitoring	Ask the client to monitor their thoughts, feelings, and behaviors.	Help the client identify patterns in their thoughts, feelings, and behaviors.
Cognitive Restructuring	Ask the client to identify and challenge their negative thoughts.	Help the client identify and challenge their negative thoughts.
Behavioral Activation	Ask the client to engage in activities that they enjoy or find meaningful.	Help the client identify and engage in activities that they enjoy or find meaningful.
Problem Solving	Ask the client to identify and solve their problems.	Help the client identify and solve their problems.
Relaxation Training	Ask the client to learn and practice relaxation techniques.	Help the client learn and practice relaxation techniques.

Homework Assignments

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

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

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**Kay Sudekum Trotter, Jennifer N.
Baggerly**



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