

COGNITIVE-BEHAVIORAL THERAPY (CBT)

CBT THERAPY SESSION NOTES TEMPLATE

6 TABS INCLUDED



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Session Information

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

Session Overview

Objective: [Text] Outcome: [Text]

Cognitive-Behavioral Therapy (CBT) Overview

CBT is a form of psychotherapy that helps people understand how their thoughts, feelings, and behaviors are interconnected. It focuses on identifying and changing negative thought patterns and behaviors that contribute to emotional distress.

Session Topics

Topic	Definition	Goal
Understanding Emotions	How do you identify your current emotional state?	Can you identify the emotions you're experiencing right now?
Identifying Automatic Thoughts	How do you identify the automatic thoughts you're having right now?	Can you identify the automatic thoughts you're having right now?
Identifying Cognitive Distortions	How do you identify the cognitive distortions you're having right now?	Can you identify the cognitive distortions you're having right now?
Identifying Maladaptive Beliefs	How do you identify the maladaptive beliefs you're having right now?	Can you identify the maladaptive beliefs you're having right now?
Identifying Emotional Reactions	How do you identify the emotional reactions you're having right now?	Can you identify the emotional reactions you're having right now?
Identifying Behavioral Reactions	How do you identify the behavioral reactions you're having right now?	Can you identify the behavioral reactions you're having right now?
Identifying Physiological Reactions	How do you identify the physiological reactions you're having right now?	Can you identify the physiological reactions you're having right now?

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Michael H. Ebert, Robert D. Kerns



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