

COGNITIVE-BEHAVIORAL THERAPY (CBT)

CBT THERAPY SESSION NOTES TEMPLATE

6 TABS INCLUDED



GOOGLE
SHEETS

The image shows a laptop screen displaying a Google Sheets template for CBT therapy session notes. The template is organized into several sections:

- Session Information:** Includes fields for Date, Session Number, and Session Type.
- Goals:** A section for listing session goals.
- Cognitive-Behavioral Therapy (CBT) Techniques:** A table with columns for Technique, Description, and Homework. It lists various techniques such as Mindfulness, Cognitive Restructuring, and Exposure Therapy.
- Homework Assignments:** A section for listing homework tasks.

The template is designed to be used by therapists to track session progress and assign homework to clients.

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