

SESSION NOTES

Client:
Counselor:

Date:
Session:

1. **Intention(s) for This Session:**

2. **Reported** (What was said and reported? This is content.):

3. **Observed** (What was observed? include self and client, THE HAPPENING TRUTH):

4. **Assessment:** (What does the content above “mean?”):

5. **Plan** (plan for future sessions, e.g. themes, objectives, techniques):
 - a. **Short term:**

 - b. **Long term:**

Counselor’s Signature: _____ Date: _____

Supervisor Review: _____ Date: _____