

time & date:

session goals

topics I want to adress



thoughts & notes

questions & answers

next session/follow-up

time & date:

*Pre-Therapy Notes*

*time & date:*

*session goals*

*topics I want to adress*



*thoughts & notes*

*questions & answers*

*next session/follow-up*

*time & date:*

time & date:

mood:

on my mind

addressed topics



session summary

homework/suggestions

session review

thoughts & notes

next session

time & date:

*Post-Therapy Notes*

*time & date:*

*mood:*

*on my mind*

*addressed topics*

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*session summary*

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*homework/suggestions*

*session review*

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*thoughts & notes*

*next session*

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*time & date:*