Psychotherapy notes template

Free template from soapnotes.xyz. Fill it in by hand or type over it.

PSYCHOTHERAPY NOTE (PRIVATE PROCESS NOTE)

Keep this separate from the main client record, as your employer's policy describes.

Client

Session date

Clinician

SESSION THEMES

What the conversation kept returning to:

MY IMPRESSIONS

Working ideas and hypotheses about what is going on:

Patterns I noticed across sessions:

MY REACTIONS

How I felt during the session and what that might mean:

QUESTIONS FOR SUPERVISION OR CONSULTATION

What I am unsure about:

IDEAS FOR NEXT SESSION

Themes to explore, questions to ask:

CHECK BEFORE CLOSING

Has everything the care team needs (risk, plan, diagnosis, interventions, progress) gone into the progress note? [yes / no

Educational template, not medical or legal advice. Follow your employer and regulator rules.