

**Session notes**

School:                      Client \_\_\_\_\_      Session \_\_\_\_\_      Date \_\_\_\_\_

Brief summary of session (content/main themes: emotional and narrative of the session)

Significant verbal and non-verbal exchanges

Emotional response (map transference response: key anxieties/defences in client)

Evidence of shifts noticed in client

Evidence of shifts in therapist's response to client

Points of resistance and defensive manoeuvres

Strategies used

Recurrent themes and link/s to knowledge of past. Feelings left with at end of session

Next: