



## Appendix 6: Template of Therapist Session Notes

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**Case:** .....

**Session:** ..... **Date Completed:** .....

**Therapist:** .....

### I. Process Notes

1. Brief summary of main interventions, episodes and events of session. Please also indicate any key theories (this can include TA or non-TA concepts) which you were using in thinking about the work during the session, or in reflecting upon the session (use other side of page if necessary):

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2. Transference/ Countertransference issues and themes:

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3. Brief summary of main themes of session:

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4. Ideas for next time (from self & supervision) :

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5. Important Extra-therapy Events (e.g., relationships, work, injury/illness, changes in medication, self-help efforts)

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## II. Use of Principles of TA Psychotherapy

1. What were the client goals that were being addressed by the work in this session?

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2. What was the contract for this session and how did it relate to these goals?

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3. What methods and interventions were being used to facilitate completion of these goals and the session contract?

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4. What methods and interventions were used to facilitate the overall therapy contract and the treatment plan?

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5. Briefly describe any particularly powerful part of the session or any parts which felt important and indicate roughly in the session when this occurred.

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6. Which schools or approaches of TA did you use most in this session

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### III. Overall Session Ratings:

**1. Please rate how helpful or hindering to your client you think this session was overall. (Check one answer only)**

**THIS SESSION WAS:**

- 1. Extremely hindering
- 2. Greatly hindering
- 3. Moderately hindering
- 4. Slightly hindering
- 5. Neither helpful nor hindering; neutral
- 6. Slightly helpful
- 7. Moderately helpful
- 8. Greatly helpful
- 9. Extremely helpful

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**2. How do you feel about the session you have just completed with your client?**

- 1. Perfect
- 2. Excellent
- 3. Very good
- 4. Pretty good
- 5. Fair
- 6. Pretty poor
- 7. Very poor

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**3. How much progress do you feel your client made in dealing with his/her problems in this session?**

- 1. A great deal of progress
  - 2. Considerable progress
  - 3. Moderate progress
  - 4. Some progress
  - 5. A little progress
  - 6. Didn't get anywhere in this session
  - 7. In some ways their problems have got worse this session
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