

**CLIENT:** \_\_\_\_\_

**SESSION NUMBER:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**DURATION:** \_\_\_\_\_

Additional people attending:  Supervisor  Other: \_\_\_\_\_  Recorded

**Assessments:**  Initial  Suicide  Violence  Self-harm  Other: \_\_\_\_\_

**Forms:**  Consent  Exchange of Information  Closure  Other: \_\_\_\_\_

When relevant reviewed:  Confidentiality Limitations  Boundaries  Client Rights

**As stated by the Client:**

**UPDATES FROM LAST SESSION**

Client arrived late by \_\_\_\_ min.

Completed Homework:  No  Some  Most  All  None given

Progress:  No Change

Improvements Reported:  Boundaries  Emotional regulation  Self-care

Comments about what stood out about last session or time since:  Not explored

**CURRENT SESSION**

Interventions used:

- Establish Rapport
- Information Gathering
- Process Oriented
- Supportive Listening

- Grounding:
  - 54321
  - Breathing
  - Calm Place
  - Land/Air/Water/Fire
  - Music
  - Orienting

- AAT
- ACT
- CBT
- Communication

- Containment
- Coping Plan
- Exploring Feeling
- Expressive Arts
- Grief Therapy
- Guided Imagery
- Hope Focused Strategies
- Karpman's Triangle
- Metaphor:
- Mindfulness
- Person Centred
- Psychoeducation
- Relationships
- Safety Plan
- Self-Compassion
- Shame Resiliency

- Solution Focused
- TA Ego States
- Closure Session
- Other:

**Referrals:**

- Career Counselling
  - Distress Line
  - Internal Counsellor
  - External Counselling:
  - Medical Doctor
  - Psychiatrist
  - Academic Advising
  - Naturopath
  - Other:

**Main Issues/Themes Discussed:**

**Informal Suicide Risk Assessment:**

None                      Low                      Moderate                      High                      Acute  
0    1    2    3    4    5    6    7    8    9    10

**HOMEWORK:**

**NEXT SESSION:**

Process from last session:

- Insights
- Therapeutic Relationship
- Feelings/Experience
- Elicit Summary
- Provide Summary

Follow up with:

- Homework
- Goals/therapy progress

Other:

Signature:

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