Counselling session note

Patient _____ Date _____

Practitioner _____ Appointment _____

Session number

Format (tick one)

☐ In person ☐ Video ☐ Phone

Length (minutes)

The session

Themes and content

Process and observations

Risk

Risk today (tick one)

☐ No risk indicated
☐ Risk discussed, no change
☐ Risk discussed, plan updated
☐ Safeguarding concern, action taken

Risk details and actions taken

Next steps

Plans or agreements for the next session

To take to supervision

☐ Yes ☐ No

Template from praxbook.co.uk. Adapt it to your own practice, training and insurer's requirements before use.