

SAMPLE SESSION NOTE

MSE:

- Client came to session on time, casually dressed, and oriented x4.

Subjective:

- The client described a loss of temper in response to being bullied this week.

Objective:

- Consistent eye contact, active listening, unconditional positive regard, and warm acceptance were used to help build trust with the client.
- The client was urged to feel safe in expressing his/her anger symptoms.
- The client began to express feelings more freely as rapport and trust level have increased.

Assessment:

- The client has not complied with the physical examination to assess organic contributors and was redirected to do so.
- The client was open in session and seemed to be building trust with clinician.

Plan:

- Assess how the parents have attempted to respond to the child's anger and the triggers and reinforcements that may be contributing to its expression.
- Assess the parents' approach and consistency in addressing their child's anger control problem and any conflicts between them resulting from parenting practices.
- Assess the client's level of insight (syntonic versus dystonic) toward the "presenting problems" (e.g., demonstrates good insight into the problematic nature of the "described behavior," agrees with others' concern, and is motivated to work on change; demonstrates ambivalence regarding the "problem described" and is reluctant to address the issue as a concern; or demonstrates resistance regarding acknowledgment of the "problem described," is not concerned, and has no motivation to change).