

Counseling Note Template

Client Information

Samantha

First Name

Sample

Last Name

12/12/1980

Date of Birth

Date	Note
10/07/2022	Session centered around anxiety. Social isolation? Raise self-esteem Introduce 5-4-3-2-1 method.
10/14/2022	Socialisation targeted. Client struggling to participate, appears disinterested. Encourage self-awareness, promote coping & regulation of emotions. How to engage?
10/21/2022	Improvements in participation, client trying to incorporate routines. Wary of leading questions.
10/28/2022	Introduced exercises that target self-esteem and self-worth. Emerging sense of trust, developing a relationship? **Patience**

Counseling Session Note

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