Art therapy session note

Client | Date | Session no.

1. Brief context

What the client came with, key events.

2. Key themes and affect

Themes, feelings and body reactions named in the session.

3. The image and the creative process

Materials, how the work was made, engagement or avoidance. The process, not only the result.

4. Images and their meaning for the client

Images, colors and composition as the client describes them. No meaning from the therapist.

5. Reflection and links to life

The client's title for the work, what she noticed and the link to her life.

6. Affect through the work

Which feeling showed up in the work and whether it shifted, in the client's words.

7. Agreements and homework

Tasks and observations until the next session.

8. Risks

Only signals that came up. Empty if none.

9. Speech and thinking features

Anything notable in the form of speech. Usually empty.

10. Plan for the next session

What to return to.

Art therapy session note: filled example

Client Anna, 34 (fictional) | Date 11/12 | Session no. 4

1. Brief context

Came in after a conflict with her manager, has slept badly for a week.

2. Key themes and affect

Anxiety → "my chest tightens before planning meetings".

3. The image and the creative process

Started with small pencil strokes, **then moved to pastels** and pressed hard.

4. Images and their meaning for the client

A grey stack of papers and a small figure in the corner: "that's me next to the report".

5. Reflection and links to life

Titled it **"Five times"**: "I see how much space the report takes".

6. Affect through the work

Anxiety in the heavy pressure, **after adding a window**: "easier to breathe", 7 → 4.

7. Agreements and homework

A small drawing after a hard day, without judging it.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Return to the drawing: what the small figure needs.