Gestalt 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. Figure and leading need

What came to the foreground here and now, and how it showed.

4. Contact and interruptions of contact

How the client made and broke contact, and which need it held back.

5. Experiment and awareness

The experiment, what happened in body and feeling, and what the client became aware of.

6. Unfinished business and dialogue

Unfinished situations and moments of real contact with the therapist.

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.

Gestalt 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. Figure and leading need

The need for support → "I'm alone with this", her shoulders rise.

4. Contact and interruptions of contact

Holds her breath instead of speaking about the anger → **looks like retroflection**.

5. Experiment and awareness

Speaks to the manager on the empty chair → **"I'm not a machine for zero mistakes"**, breathes deeper.

6. Unfinished business and dialogue

Words left unsaid after the conflict → she asks to come back to them.

7. Agreements and homework

Notice the chest before the planning meeting: what it wants to do.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Return to the empty chair and the unsaid words to the manager.