Integrative 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. Working formulation

What this session added to the formulation: a pattern and how it played out.

4. Stage of change and readiness

Stage of change from the material, readiness if the client named it.

5. Intervention and response

The technique with its modality, how the client responded and what follows.

6. Common factors

Alliance, hope, agreement on goals and fit, as the client showed them.

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.

Integrative 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. Working formulation

Self-criticism → anxiety → checking → relief for an hour, came up again before the meeting.

4. Stage of change and readiness

Preparation: ready to check the report once, confidence 5 out of 10.

5. Intervention and response

Defusion (ACT): "I'm having the thought they'll fire me" → "sounds less like a fact", continue.

6. Common factors

Alliance: "here I can talk about mistakes without making excuses".

7. Agreements and homework

Behavioral experiment (CBT) → check the report once, note anxiety before and after.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Review the experiment, check whether **defusion** still fits.