IPT 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. Interpersonal problem area
One of four: grief, role dispute, role transition, interpersonal deficits.

4. Symptoms and events
How mood and symptoms follow recent events with people, in the client's words.

5. Communication and support
What was said and what was heard, expectations and who supports the client.

6. Feelings in relationships
Feelings tied to a specific person or exchange, as the client named 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.

IPT 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. Interpersonal problem area

Role dispute with her manager → different expectations about mistakes, she still hopes to be heard.

4. Symptoms and events

Conflict with her manager → a week of poor sleep, anxiety peaks before planning meetings.

5. Communication and support

Said nothing after the criticism → the manager took silence as agreement, a friend is her main support.

6. Feelings in relationships

Hurt and fear with her manager → "my chest tightens when he picks up the report".

7. Agreements and homework

Ask for clear criteria → one sentence, rehearsed in session, by Thursday.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Role play the conversation with her manager, check sleep and mood.