Narrative 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 dominant problem story

The story the problem tells about the client, and where it takes over.

4. Externalizing the problem

The problem's name in the client's words, its tactics and the client's stance toward it.

5. Unique outcomes

Moments the client named when they acted against the problem story.

6. Preferred story and re-membering

Who the client wants to be, in their words, and whose voices they bring closer.

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.

Narrative 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 dominant problem story

The story "one mistake and it's over" tells her she is hanging by a thread at work.

4. Externalizing the problem

"The Checker" → makes her reread the report 5 times, takes her sleep, she wants to push it back.

5. Unique outcomes

On Friday she sent the report after one check → "the Checker was too late".

6. Preferred story and re-membering

"Someone who can be trusted without checks" → her grandmother, who said mistakes can be mended.

7. Agreements and homework

Notice when the Checker steps back → at least 2 moments.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Thicken the Friday story: what it says about what matters to her.