Person-centered 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. Core conditions and the client's response

How empathy, congruence and acceptance went: your reflection and how the client took it.

4. Incongruence and conditions of worth

A rule of worth taken from others, or a gap between self-image and experience.

5. Experiencing and organismic experience

Moments of felt meaning in the body and of trusting it.

6. Locus of evaluation and movement

Where the client takes the measure of herself from, and any shift.

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.

Person-centered 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. Core conditions and the client's response

Reflected "you're tired of being on guard" → **"yes, that's exactly it"**, she slows down.

4. Incongruence and conditions of worth

"I'm only worth something if I make no mistakes" → and yet she is exhausted.

5. Experiencing and organismic experience

Stays with the tightness in the chest → **"it's not fear, it's that I'm tired"**.

6. Locus of evaluation and movement

From "what will he think" → **"I know I did the report well"**: a step inward.

7. Agreements and homework

No tasks: she decided herself to notice when she checks for the manager, not for herself.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Follow what she brings, stay with the tiredness if it comes back.