Psychoanalytic 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. Session material in the client's words
What the client said, in the order of the session, in their words, without conclusions.

4. Unconscious conflicts and drives
A wish or a conflict that showed through the material, as a hypothesis.

5. Transference and resistance
What played out with the analyst and how material was avoided.

6. Dreams and free associations
The dream or slip as told, then the client's associations, kept apart.

7. Defenses and repetition
Which defense or repeating pattern kept material out of awareness.

8. Working through
Where acted-out material became remembered and owned, and how far it moved.

9. Agreements and homework
Tasks and observations until the next session.

10. Risks
Only signals that came up. Empty if none.

11. Speech and thinking features
Anything notable in the form of speech. Usually empty.

12. Plan for the next session
What to return to.

Psychoanalytic 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. Session material in the client's words

About the planning meeting → **"I keep waiting for him to catch me out"**.

4. Unconscious conflicts and drives

A wish to stand out and a fear of punishment for it → **a possible conflict around ambition**.

5. Transference and resistance

Apologizes for being two minutes late → **expects a reprimand, as from the manager**.

6. Dreams and free associations

Dream of an exam with no answers → **"like the report I can't stop checking"**.

7. Defenses and repetition

Checks again and again → "it was the same at school before every test".

8. Working through

Links the checking to the school tests herself → **in process**.

9. Agreements and homework

No tasks: the frame stays the same, two sessions a week.

10. Risks

None mentioned.

11. Speech and thinking features

None noted.

12. Plan for the next session

Return to the exam dream and the apology for being late.