Psychodrama 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. Scene and roles

The scene the protagonist set up and who was placed in it, in their words.

4. Enactment and techniques

Techniques used and what they opened up in action.

5. Sharing, de-roling and what she takes home

The group's sharing, stepping out of roles and what the protagonist keeps.

6. Agreements and homework

Tasks and observations until the next session.

7. Risks

Only signals that came up. Empty if none.

8. Speech and thinking features

Anything notable in the form of speech. Usually empty.

9. Plan for the next session

What to return to.

Psychodrama 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. Scene and roles

Monday planning meeting → a group member as the manager, an empty chair for "the report".

4. Enactment and techniques

Role reversal with the manager → "from here it just looks like a question about deadlines".

5. Sharing, de-roling and what she takes home

Two members shared the same fear → **"I can check it once and hand it in"**.

6. Agreements and homework

Before the planning meeting → recall the manager's place in the scene and notice the chest.

7. Risks

None mentioned.

8. Speech and thinking features

None noted.

9. Plan for the next session

If she is protagonist again: the evening scene with the report, **doubling** for the inner critic.