# Psychodynamic 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. Relationship pattern: wish, response of other, response of self

The recurring theme in relationships, as three separate parts.

## 5. Defenses and resistance

How difficult material was avoided, as a careful hypothesis with a quote.

## 6. Transference and countertransference

What played out with the therapist, and your own reactions as material.

## 7. Warded-off affect

The feeling under the defense: how it was held back and where it broke through.

## 8. Agreements and homework

Tasks and observations until the next session.

## 9. Risks

Only signals that came up. Empty if none.

## 10. Speech and thinking features

Anything notable in the form of speech. Usually empty.

## 11. Plan for the next session

What to return to.

# Psychodynamic 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

Before the planning meeting → **"I sit there and wait for him to find a mistake"**.

## 4. Relationship pattern: wish, response of other, response of self

Wants to be valued → **expects criticism from the manager** → checks everything and keeps quiet.

## 5. Defenses and resistance

Asked about feelings, describes the report in detail → **looks like intellectualization**.

## 6. Transference and countertransference

Asks twice whether she is "saying it right" → **the same fear of evaluation as with the manager**.

## 7. Warded-off affect

**Anger at the manager** → "no, I'm not angry, just tired", her voice shakes.

## 8. Agreements and homework

**No tasks**: weekly sessions at the same time, the next one on Tuesday.

## 9. Risks

None mentioned.

## 10. Speech and thinking features

None noted.

## 11. Plan for the next session

Return to the anger at the manager and the fear of being evaluated here, in the session.