Schema 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. Active schemas and modes

Which schema and which mode switched on, and in what situation.

4. Unmet needs

Which core need goes unmet and how it shows, in the client's words.

5. Coping style

Surrender, avoidance or overcompensation, and the behavior behind it.

6. Therapy relationship: limited reparenting

What the therapist did as the caring adult, empathic confrontation, the client's response.

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.

Schema 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. Active schemas and modes

Unrelenting standards → demanding parent mode before the meeting: "one mistake and it's over".

4. Unmet needs

Acceptance with mistakes → "no one will be on my side if I get it wrong".

5. Coping style

Surrender → checks the report 5 times, does what the demanding voice asks.

6. Therapy relationship: limited reparenting

Limited reparenting → "a mistake is allowed here", her shoulders dropped.

7. Agreements and homework

Flashcard for the demanding voice → read it before each planning meeting.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Chair work: the healthy adult answers the demanding parent.