Somatic 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. Nervous system state

The state and level of activation, how it showed in breathing, posture and impulses, and the trigger.

4. Felt sense

What unfolded in the body, where and how, in the client's words. Without interpreting it.

5. Titration and pendulation

Moving between activation and support in small doses, and which resource held it.

6. Resources and completion

Body resources and support, a protective response completed or discharged, if it happened.

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.

Somatic 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. Nervous system state

Sympathetic activation when talking about the meeting → shallow breathing, shoulders up.

4. Felt sense

"A tight band across my chest" → loosens a little when she breathes out.

5. Titration and pendulation

Chest ↔ feet on the floor: three rounds, each time the band softens faster.

6. Resources and completion

Orienting to the room → a deep breath on its own, warmth in her hands.

7. Agreements and homework

Orienting and feet on the floor before each planning meeting.

8. Risks

None mentioned.

9. Speech and thinking features

None noted.

10. Plan for the next session

Return to the band in the chest in small doses, starting from the feet.