

# Counseling Session Dialogue

## Client Information

Name:

Age:

Gender:  Male  Female  Other:

Relevant Medical History:

## Session Details

Date:

Time:

## Session Goals

1. Explore Sarah's recent job loss and its impact on her mental health.
2. Identify coping strategies to manage stress and feelings of inadequacy.
3. Develop a plan for Sarah to regain a sense of purpose and direction.

## Agenda

1. Introduction and Establishing Rapport
2. Review of Previous Session (if applicable)
3. Presenting Concerns and Goals
4. Exploration and Discussion
5. Psychoeducation (if applicable)
6. Development of Coping Strategies
7. Setting Actionable Steps
8. Summary and Closing Remarks

## Session Dialogue

### 1. Introduction and Establishing Rapport

- Greet the client warmly and create a comfortable environment.
- Briefly review confidentiality and the purpose of the session.
- Encourage the client to share any updates or changes since the last session.

### 2. Review of Previous Session (if applicable)

- Recap key points discussed in the previous session.
- Check-in with the client regarding any progress or challenges encountered since then.

### 3. Presenting Concerns and Goals

- Invite the client to share their current concerns and goals for the session.
- Use open-ended questions to explore the client's thoughts, feelings, and experiences.

### 4. Exploration and Discussion

- Engage in active listening and empathetic responses.
- Encourage the client to delve deeper into their concerns and explore underlying factors.

### 5. Psychoeducation (if applicable)

- Provide relevant information or education about the client's condition or issues.
- Offer resources or strategies to help clients better understand and manage their situation.

## 6. Development of Coping Strategies

- Collaboratively brainstorm coping strategies or techniques tailored to the client's needs.
- Encourage the client to identify their strengths and resources for support.

## 7. Setting Actionable Steps

- Establish specific, achievable goals for the client to work on between sessions.
- Break down larger goals into manageable steps and discuss potential barriers or challenges.

## 8. Summary and Closing Remarks

- Summarize key points discussed during the session.
- Reinforce the client's strengths and progress made.
- Discuss plans for follow-up and scheduling future sessions.

## Additional Notes

## Signature