

Individual Therapy Technique

Client Information:

Name:

Date of Session:

Age:

Gender:

Presenting Issues:

Briefly summarize the client's main concerns or issues they seek help with.

Goals for Therapy:

Outline the specific objectives the client aims to achieve through therapy.

- 1.
- 2.
- 3.

Assessment:

Describe any assessments or evaluations conducted to understand the client's current psychological, emotional, and behavioral state.

Therapeutic Approach:

Specify the therapeutic approach or model being utilized (e.g., cognitive-behavioral therapy, psychodynamic therapy, humanistic therapy).

Technique Name:

Description:

Briefly explain the technique, including its purpose and how it will address the client's needs.

Procedure:

• **Introduction:**

• **Explanation:**

• **Instructions:**

• **Practice:**

- **Reflection:**

- **Integration:**

- **Summary:**

Homework Assignment:

Assign any relevant tasks or exercises for the client to complete between sessions to reinforce learning and facilitate progress.

Follow-Up Plan:

Client Feedback:

Therapist Notes:

Signature:

Therapist: _____ **Date:** _____