

Interpersonal Therapy Techniques

Client Information:
Name:
Date of Birth:
Contact Information:
Presenting Issue:
Previous Sessions (if applicable):
Current Medications (if applicable):
Session Date:
Date:

1. Assessment of Interpersonal Issues:

- Current Interpersonal Challenges:

- Client's Reflections:

2. Identification of Interpersonal Problem Areas:

- Focus Area (Grief, Role Disputes, Role Transitions, Interpersonal Deficits):

- Impact on Emotional Well-being:

- Client's Input:

3. Communication Analysis:

- Communication Patterns:

- Identified Barriers:

- Client's Insights:

4. Role-playing and Skill Building:

- Role-playing Exercise:

- Feedback and Guidance:

- Client's Application Plan:

5. Exploration of Emotions:

- Emotional Experiences:

- Connection to Relationship Dynamics:

- Client's Sharing:

6. Promotion of Emotional Expression:

- Encouragement for Emotional Expression:

- Discussion of Challenges:

- Client's Feelings:

7. Problem-solving:

- Identified Issues to Address:
- Set Realistic Goals:
- Action Plan:
- Client's Commitment:

Homework Assignment:

- Assigned Tasks:
- Application of Skills:
- Challenges or Successes:
- Client's Reflections:

Follow-up:

- Progress on Goals:
- Adjustment to Intervention Strategies:
- Reinforcement of Positive Changes:
- Client's Feedback: