Weekly Therapy Report

Name: ___________________________ Date: ___________________________

1. What did you learn today that is important to remember?
________________________________________________________________________
________________________________________________________________________

2. Did anything bother you in the session today?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

3. Your homework for the next session is:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

4. How likely are you to do new homework? Are there any obstacles that could prevent you from completing your homework?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

5. What would you like to cover in the next session?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Adapted from J Beck, 2011