

TAKEAWAYS

—YOUR SESSION NOTES.

PRODUCED BY GABRIELLE FECTEAU, MSW

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TAKEAWAYS
— YOUR
SESSION
NOTES.

What did I focus on today?

Day.

Session number.

()

≧ *Therapy is about showing up for ourselves.* ≦

REMINDER

Breathe IN

1 2 3 4

Breathe OUT

1 2 3 4

What are my key takeaways from my session?

1.

2.

3.

Are there any other stories or thoughts that I want to capture from my session?

Have I held back something that I would like to share next session?

How do I feel after my session today? Am I feeling better since I started therapy?

Resource list:

How will I take care of myself after my session?

Capture your wisdom from therapy.



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1. _____
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The **Takeaways—Your Session Notes** was designed for individuals who want to capture their wisdom that stem from their therapy sessions.

1 Write the themes that emerged from your therapy session. Examples of themes include, but are not limited to, relationships, fear, communication, moving forward and stress.

2 Write the date. It will be important when reflecting back on your sessions in the future.

3 Keep track of the number of sessions you have had. This is not meant to keep count but make it easier to review your progress over time.

4 Breathe. Before reviewing your session... stop, take a slow mindful breath.

5 Choose 3 key takeaways from your session. These can be thoughts, stories, actions, strategies, next steps, etc. The goal is to capture the “aha moments” that therapy offers you. This is where the magic of therapy exists—don’t lose track of it.

6 Write everything else you wish to capture from your session. If you need to, feel free to take an extra piece of paper to do so. There is value in writing out your thoughts after any therapy session. It is a way to continue the hard work you did in your session.

7 Pause again. Take another breath to recenter yourself.

8 Note any thoughts that you held back during your session that you wish to share in your next session.

9 Think of how you are feeling post-session. Are you feeling lighter or heavier? Note that there are no right or wrong answers. There are times that your session will leave you feeling heavier—as you are working through some challenging things. Other sessions will leave you feeling lighter—as you are letting go of things no longer serving you.

10 Evaluate your progress so far. If this is your first session, is your counsellor/therapist right for you? Are there points you would like to bring up with them? If you are further along in your partnership, what improvements have you noted since you started your sessions? Are your sessions still serving you? What are your next steps?

11 One of the most valuable parts of any session are the resources and strategies one can take away. These can serve you in your daily life or advance your overall progress. The problem is—they easily get forgotten by all parties involved. Capture them here. This will serve as a reminder for you to look into the matter further.

12 Sessions can leave you emotionally drained. They are certainly challenging work. Although sessions are well worth it, it is important to take care of yourself after your session. Ideas of self-care activities to do after your sessions include, but are not limited to, meditating, listening to music, taking a hot bath, doing exercises, and listening to your favourite movie.

NOTE: If you have any questions or suggestions, please email Soar Above Counselling at info@soarabovecounselling.ca or visit our website at www.soarabovecounselling.ca.



TAKEAWAYS
— YOUR
SESSION
NOTES.

What did I focus on today?

Anxiety.
Self-care.
Relaxation.

Day.

August 17, 2020

Session number.

(4)

≧ Therapy is about showing up for ourselves. ≦

REMINDER

Breathe IN
1 2 3 4
Breathe OUT
1 2 3 4

What are my key takeaways from my session?

1. Anxiety is not a part of me, it is only running by my side.
2. There are relaxation exercises that I can do discreetly.
3. I can take care of my mental health on good days too.

Are there any other stories or thoughts that I want to capture from my session?

I was able to identify situations in the past week that heightened my anxiety levels. Identification seems like a great first step.
My mother has been a great support for me in the past few months.

Have I held back something that I would like to share next session?

I was not honest about my anxiety levels—I said I was a 6/10 instead of 8/10. I would like to be honest about my mental pain at my next session.

How do I feel after my session today? Am I feeling better since I started therapy?

I feel encouraged about my session. I feel like I am heading in the right direction. Therapy has been the most effective treatment for my anxiety.

Resource list:

Counting my breath
5-4-3-2-1 grounding
Square (4-4-4-4) breathing

How will I take care of myself after my session?

I will take a bubble bath while reading my new book

Capture your wisdom from therapy.

