

Session note: DAP

Client: _____ Date: _____ Session #: _____

Data

- What happened in the session: the client's words and your observations together
- Topics the client raised and how they talked about them
- Affect, pace of speech, notable reactions

Assessment

- Your interpretation: what is going on and why now
- What has moved since earlier sessions
- Hypotheses worth testing

Plan

- Agreements and homework
- Focus of the next session
- Date of the next appointment
