

An example, not a standard: SOAP note

The client and the session are fictional. This sample shows what a filled-in note can look like and is not a clinical benchmark.

Client: Anna Freud Therapist: Carl Jung Session #4

Subjective

- Has been putting off a conversation with her manager about her workload for three weeks
- “Every evening I replay that conversation and can’t fall asleep”
- On weeknights falls asleep after 1 a.m., sleeps normally on weekends

Objective

- Speaks fast when talking about work, slows down when describing her weekend
- Changed the subject twice when her sister came up
- Engaged, suggests options herself

Assessment

- Avoiding the difficult conversation keeps the anxiety going and disrupts sleep
- Possible link to family experience (sister), a hypothesis for now
- Compared with the last session, names what she fears more easily

Plan

- Until the next session, note the evenings she can’t fall asleep and what her thoughts were about
- Next session: preparing for the conversation with her manager
- Return to the topic of her sister if Anna is ready

What was added to the 5P formulation

- Perpetuating factors: avoiding difficult conversations, evening rumination
- Protective factors: reflectiveness, a stable job, willingness to try new things