

Session note: SOAP

Client: _____ Date: _____ Session #: _____

Subjective

- What the client reported in their own words: complaints, events of the week, feelings
- What they brought to this session and what has changed since the last one
- Short quotes, if they matter for the work

Objective

- What you observed: affect, pace of speech, eye contact, appearance
- Behavior in session: engagement, pauses, reactions to particular topics
- Questionnaire results, if you used any

Assessment

- Your interpretation: main themes, progress, hypotheses
- How this connects to the presenting problem and the case formulation
- What is still unclear

Plan

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