

Session Notes



JANU	ARY					
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SEPTI	SEPTEMBER												
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
		_		_									

Moi	n Date	Tue	e Date	We	d Date	Thu	ır Date	Fri	Date
8		8		8		8		8	
9		9		9		9		9	
9		9		7		7		9	
10		10		10		10		10	
II		II		II		II		II	
12		12		12		12		12	
I		I		Ι		Ι		I	
2		2		2		2		2	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
6		6		6		6		6	
	Evening		Evening		Evening		Evening		Evening

Mo	n Date	Tue	: Date	We	ed Date	Thu	ır Date	Fri	Date	
8		8		8		8		8		
9		9		9		9		9		
9		9		9		9		9		
10		10		10		10		10		
II		II		II		ΙΙ		II		
12		12		12		12		12		
I		I		Ι		I		I		
2		2		2		2		2		
3		3		3		3		3		
4		4		4		4		4		
5		5		5		5		5		
6		6		6		6		6		
	Evening		Evening		Evening		Evening		Evening	

Mo	n Date	Tue	: Date	We	ed Date	Th	ur Date	Fri	Date
8		8		8		8		8	
9		9		9		9		9	
10		10		10		10		10	
II		II		II		II		II	
12		12		12		12		12	
I		Ι		I		I		Ι	
2		2		2		2		2	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
6		6		6		6		6	
	Evening		Evening		Evening		Evening		Evening

Mo	n Date	Tue	: Date	We	ed Date	Th	ur Date	Fri	Date
8		8		8		8		8	
9		9		9		9		9	
10		10		10		10		10	
II		II		II		II		II	
12		12		12		12		12	
I		Ι		I		I		Ι	
2		2		2		2		2	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
6		6		6		6		6	
	Evening		Evening		Evening		Evening		Evening

OCTO	OCTOBER												
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							

Mo	n Date	Tue	e Date	We	ed Date	Th	ur Date	Fri	Date
8		8		8		8		8	
9		9		9		9		9	
10		10		10		10		10	
II		ΙΙ		ΙΙ		II		ΙΙ	
<u>'</u>								•	
12		12		12		12		12	
I		I		I		I		I	
2		2		2		2		2	
,									
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
								(
6		6		6		6		6	
	Evening		Evening		Evening		Evening		Evening
								0	

Mor	n Date	Tue Date	Wed Date	Thur Date	Fri Date
8		8	8	8	8
9		9	9	9	9
10		10	10	10	10
II		II	II	II	II
12		12	12	12	12
I		I	I	I	I
2		2	2	2	2
3		3	3	3	3
4		4	4	4	4
5		5	5	5	5
6		6	6	6	6
	Evening	Evening	Evening	Evening	Evening

Mor	n Date	Tue Date	Wed Date	Thur Date	Fri Date
8		8	8	8	8
9		9	9	9	9
10		10	10	10	10
II		II	II	II	II
12		12	12	12	12
I		I	I	I	I
2		2	2	2	2
3		3	3	3	3
4		4	4	4	4
5		5	5	5	5
6		6	6	6	6
	Evening	Evening	Evening	Evening	Evening

Mon	n Date	Tue Dat	te	We	d Date	Thu	ır Date	Fri	Date
8		8		8		8		8	
9		9		9		9		9	
10		10		10		10		10	
ΙΙ		II		ΙΙ		II		ΙΙ	
12		12		12		12		12	
Ι		I		Ι		I		Ι	
2		2		2		2		2	
2		2		2		2		2	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
6		6		6		6		6	
	Evening	Eve	ening		Evening		Evening		Evening
	0	Evening		Evening		Lyching		Evening	

NOV	NOVEMBER											
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						

Mo	n Date	Tue Da	ite	We	d Date	Thu	ur Date	Fri	Date
8		8		8		8		8	
9		9		9		9		9	
10		10		10		10		10	
ΙΙ		II		ΙΙ		ΙΙ		ΙΙ	
12		12		12		12		12	
I		I		Ι		I		I	
2		2		2		2		2	
3		3		3		3		3	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
6		6		6		6		6	
	Evening Evening		ening	Evening		Evening		Evening	

Mo	n Date	Tue Da	ite	We	d Date	Thu	ur Date	Fri	Date
8		8		8		8		8	
9		9		9		9		9	
10		10		10		10		10	
ΙΙ		II		ΙΙ		ΙΙ		ΙΙ	
12		12		12		12		12	
I		I		Ι		I		I	
2		2		2		2		2	
3		3		3		3		3	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
6		6		6		6		6	
	Evening Evening		ening	Evening		Evening		Evening	

Mo	n Date	Tue Date	Wed Date	Thur Date	Fri Date
8		8	8	8	8
9		9	9	9	9
10		10	10	10	10
ΙΙ		II	II	II	11
12		12	12	12	12
I		I	I	I	I
2		2	2		2
2		2		2	
3		3	3	3	3
4		4	4	4	4
5		5	5	5	5
6		6	6	6	6
	Evening	Evening	Evening	Evening	Evening

Mo	n Date	Tue Date	Wed Date	Thur Date	Fri Date	
8		8	8	8	8	
9		9	9	9	9	
10		10	10	10	10	
II		11	II	II	II	
12		12	12	12	12	
I		I	I	I	I	
2		2	2	2	2	
3		3	3	3	3	
4		4	4	4	4	
5		5	5	5	5	
6		6	6	6	6	
	Evening	Evening	Evening	Evening	Evening	

DECE	DECEMBER												
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							

Mo	n Date	Tue	Date	We	d Date	Th	ur Date	Fri	Date
8		8		8		8		8	
		_							
9		9		9		9		9	
10		10		10		10		10	
II		II		ΙΙ		ΙΙ		ΙΙ	
12		I2		12		12		12	
Ι		Ι		Ι		Ι		Ι	
2		2		2		2		2	
2		2		-		2		~	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
6		6		6		6		6	
	Evening		Evening		Evening		Evening		Evening

Moi	n Date	Tue	e Date	We	ed Date	Th	ur Date	Fri	Date
8		8		8		8		8	
9		9		9		9		9	
10		10		10		10		10	
II		II		ΙΙ		ΙΙ		ΙΙ	
12		12		12		12		12	
12		12		12		12		14	
Ι		I		I		I		I	
2		2		2		2		2	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
5		3		3		5		5	
6		6		6		6		6	
	Evening		Evening		Evening		Evening		Evening

Mo	n Date	Tue	e Date	We	ed Date	The	ur Date	Fri	Date
8		8		8		8		8	
9		9		9		9		9	
10		10		10		10		10	
II		ΙΙ		П		II		II	
12		12		12		12		12	
I		I		I		I		I	
2		2		2		2		2	
3		3		3		3		3	
4		4		4		4		4	
5		5		5		5		5	
6		6		6		6		6	
	Evening		Evening		Evening		Evening		Evening

Mo	n Date	Tu	e Date	We	ed Date	Th	ur Date	Fri	Date
8		8		8		8		8	
9		9		9		9		9	
9		9		9		9		9	
10		10		10		10		10	
II		II		II		II		II	
12		12		12		12		12	
I		I		I		Ι		I	
2		2		2		2		2	
3		3		3		3		3	
4		4		4		4		4	
								1	
5		5		5		5		5	
6		6		6		6		6	
	T. ·		F .		-		Г.		Е .
	Evening		Evening		Evening		Evening		Evening

Date:	Cli	ent:		
Dx:		Overall distress level (1-10):		
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity imp	act:	Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress level (1-10):		
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity imp	act:	Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress level (1-10):		
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity imp	act:	Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress level (1-10):		
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity imp	act:	Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress level (1-10):		
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity imp	vact:	Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress level (1-10):		
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity imp	act:	Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress level (1-10):		
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity imp	act:	Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress level (1-10):		
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity imp	act:	Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress level (1-10):		
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity imp	vact:	Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress level (1-10):		
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity imp	act:	Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress	Overall distress level (1-10):	
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress	Overall distress level (1-10):	
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Dx: Overall distress level (1-10):	Date: Cli		ent:		
EFT ACT/mindfulness DBT CPT PE Writing Exposure IFS Art/creative approaches Somatic approaches STAIR Integrative Other: Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	Dx:		Overall distress	Overall distress level (1-10):	
EFT ACT/mindfulness DBT CPT PE Writing Exposure IFS Art/creative approaches Somatic approaches STAIR Integrative Other: Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	Interventions used (circle):			
PE Writing Exposure IFS Art/creative approaches Somatic approaches STAIR Integrative Other: Overall Themes: Social Identity impact: Any med changes:	IPT	СВТ	Psychodynamic	Present Focused	
Somatic approaches STAIR Integrative Other: Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	EFT	ACT/mindfulness	DBT	СРТ	
Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	PE	Writing Exposure	IFS	Art/creative approaches	
Social Identity impact: Any med changes:	Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact: Any med changes:					

Date:	Cli	ent:		
Dx:		Overall distress	Overall distress level (1-10):	
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress	Overall distress level (1-10):	
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress	Overall distress level (1-10):	
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Dx: Overall distress level (1-10):	Date: Cli		ent:		
EFT ACT/mindfulness DBT CPT PE Writing Exposure IFS Art/creative approaches Somatic approaches STAIR Integrative Other: Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	Dx:		Overall distress	Overall distress level (1-10):	
EFT ACT/mindfulness DBT CPT PE Writing Exposure IFS Art/creative approaches Somatic approaches STAIR Integrative Other: Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	Interventions used (circle):			
PE Writing Exposure IFS Art/creative approaches Somatic approaches STAIR Integrative Other: Overall Themes: Social Identity impact: Any med changes:	IPT	СВТ	Psychodynamic	Present Focused	
Somatic approaches STAIR Integrative Other: Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	EFT	ACT/mindfulness	DBT	СРТ	
Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	PE	Writing Exposure	IFS	Art/creative approaches	
Social Identity impact: Any med changes:	Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact: Any med changes:					

Date:	Cli	ent:		
Dx:		Overall distress	Overall distress level (1-10):	
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress	Overall distress level (1-10):	
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress	Overall distress level (1-10):	
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Dx: Overall distress level (1-10):	Date: Cli		ent:		
EFT ACT/mindfulness DBT CPT PE Writing Exposure IFS Art/creative approaches Somatic approaches STAIR Integrative Other: Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	Dx:		Overall distress	Overall distress level (1-10):	
EFT ACT/mindfulness DBT CPT PE Writing Exposure IFS Art/creative approaches Somatic approaches STAIR Integrative Other: Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	Interventions used (circle):			
PE Writing Exposure IFS Art/creative approaches Somatic approaches STAIR Integrative Other: Overall Themes: Social Identity impact: Any med changes:	IPT	СВТ	Psychodynamic	Present Focused	
Somatic approaches STAIR Integrative Other: Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	EFT	ACT/mindfulness	DBT	СРТ	
Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	PE	Writing Exposure	IFS	Art/creative approaches	
Social Identity impact: Any med changes:	Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact: Any med changes:					

Date:	Cli	ent:		
Dx:		Overall distress	Overall distress level (1-10):	
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress	Overall distress level (1-10):	
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress	Overall distress level (1-10):	
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Dx: Overall distress level (1-10):	Date: Cli		ent:		
EFT ACT/mindfulness DBT CPT PE Writing Exposure IFS Art/creative approaches Somatic approaches STAIR Integrative Other: Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	Dx:		Overall distress	Overall distress level (1-10):	
EFT ACT/mindfulness DBT CPT PE Writing Exposure IFS Art/creative approaches Somatic approaches STAIR Integrative Other: Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	Interventions used (circle):			
PE Writing Exposure IFS Art/creative approaches Somatic approaches STAIR Integrative Other: Overall Themes: Social Identity impact: Any med changes:	IPT	СВТ	Psychodynamic	Present Focused	
Somatic approaches STAIR Integrative Other: Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	EFT	ACT/mindfulness	DBT	СРТ	
Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	PE	Writing Exposure	IFS	Art/creative approaches	
Social Identity impact: Any med changes:	Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact: Any med changes:					

Date:	Cli	ent:		
Dx:		Overall distress	Overall distress level (1-10):	
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress	Overall distress level (1-10):	
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Date:	Cli	ent:		
Dx:		Overall distress	Overall distress level (1-10):	
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
Questions for now:		Homework/qu	es for client to consider:	

Dx: Overall distress level (1-10):	Date: Cli		ent:		
EFT ACT/mindfulness DBT CPT PE Writing Exposure IFS Art/creative approaches Somatic approaches STAIR Integrative Other: Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	Dx:		Overall distress	Overall distress level (1-10):	
EFT ACT/mindfulness DBT CPT PE Writing Exposure IFS Art/creative approaches Somatic approaches STAIR Integrative Other: Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	Interventions used (circle):			
PE Writing Exposure IFS Art/creative approaches Somatic approaches STAIR Integrative Other: Overall Themes: Social Identity impact: Any med changes:	IPT	СВТ	Psychodynamic	Present Focused	
Somatic approaches STAIR Integrative Other: Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	EFT	ACT/mindfulness	DBT	СРТ	
Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	PE	Writing Exposure	IFS	Art/creative approaches	
Social Identity impact: Any med changes:	Somatic approaches	STAIR	Integrative	Other:	
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Somatic approaches	STAIR	Integrative	Other:	
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Overall Themes: Themes to follow up on: Social Identity impact: Any med changes:	PE	Writing Exposure	IFS	Art/creative approaches	
Social Identity impact: Any med changes:	Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact: Any med changes:					

Date:	Cli	ent:		
Dx:		Overall distress	Overall distress level (1-10):	
Interventions used (circle):			
IPT	СВТ	Psychodynamic	Present Focused	
EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
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Somatic approaches	STAIR	Integrative	Other:	
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Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
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Dx: Overall distress level (1-10):	Date: Cli		ent:		
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EFT	ACT/mindfulness	DBT	CPT	
PE	Writing Exposure	IFS	Art/creative approaches	
Somatic approaches	STAIR	Integrative	Other:	
Social Identity impact:		Any med change		
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Date:	Cli	ent:		
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Interventions used (circle):			
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Somatic approaches	STAIR	Integrative	Other:	
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Dx: Overall distress level (1-10):	Date: Cli		ent:		
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Social Identity impact: Any med changes:	Somatic approaches	STAIR	Integrative	Other:	
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Social Identity impact: Any med changes:	Somatic approaches	STAIR	Integrative	Other:	
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