

SOAP Notes for Therapy

Therapy Session Record
Confidential client record

Client Name	Hannah Walsh	Date of Birth	09/02/1994
Session Date	21/10/2026	Time / Duration	10:00am, 50 min
Client ID	CL-10482	Session No.	4 of 10
Therapist	Liam Brooks, Psychologist	Format	In person
Referral / Plan	GP MHCP (Better Access)	Modality	CBT

S Subjective

Client's report, presenting concerns, mood, quotes, changes since last session

Hannah reports a "better fortnight" overall. Worry about work deadlines has eased since she started blocking out her calendar each morning. Still notices racing thoughts at night 3–4 nights a week and takes around 40 minutes to fall asleep. Completed the thought record homework on 5 of 7 days. Describes one panic episode before a team meeting on Monday: "My heart was pounding and I was sure everyone could tell." Rates average anxiety this week as 5/10 (down from 7/10 at intake).

O Objective

Presentation, behaviour, affect, mental status, outcome measures (e.g. K10, DASS-21)

Arrived on time, casually and neatly dressed. Good eye contact and rapport. Speech normal in rate and volume. Mood described as "okay", affect mildly anxious but reactive, brighter when discussing progress. Thought form logical and goal-directed; no perceptual disturbances.

K10: 24 (intake 31). DASS-21: Depression 8, Anxiety 14, Stress 18 (intake 12, 20, 26). Homework thought records reviewed in session.

A Assessment

Clinical impression, progress towards goals, formulation, barriers

Generalised anxiety disorder with occasional panic symptoms. Hannah is progressing well against treatment goals: K10 has moved from the high to the moderate range and anxiety and stress scores have reduced. She is engaging consistently with CBT and is beginning to identify catastrophic predictions independently.

Sleep-onset difficulty and anticipatory anxiety about meetings remain the main barriers to further gains.

P Plan

Interventions used, homework, goals, referrals, next session

In session: reviewed thought records; introduced behavioural experiment for the Monday meeting (prediction vs outcome); taught paced breathing for panic symptoms.

Homework: complete one behavioural experiment; continue thought records; trial a 20-minute wind-down routine and stimulus control for sleep.

Next session in 2 weeks (session 5 of 10). Re-administer K10 at session 6 and provide GP progress report at session 6 per MHCP review.

Risk Assessment

Self-harm, suicide, harm to others, safeguarding

☐ None identified ☒ Low ☐ Moderate ☐ High

Notes: Denies suicidal ideation or intent. Protective factors: partner, work, sport.

Signature

L. Brooks

AHPRA Registration No.

PSY0001234567

Date Signed

21/10/2026