

SOAP Notes for Therapy

Therapy Session Record
Confidential client record

Client Name	Olivia Bennett	Date of Birth	17/06/1990
Session Date	21/10/2026	Time / Duration	14:00, 50 min
Client ID	CL-20931	Session No.	4 of 12
Therapist	Tom Harris, Counselling Psych.	Format	Video
Referral / Funding	Self-referral, self-funded	Modality	CBT

S Subjective

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

Olivia reports that the past fortnight has felt "a bit more manageable". Worry about work has eased since she started planning her week on Sunday evenings. Still notices racing thoughts at bedtime 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 on the Tube before a client presentation: "My heart was pounding and I was sure everyone could tell." Rates average anxiety this week as 5/10 (down from 7/10 at assessment).

O Objective

Presentation, behaviour, affect, mental state, outcome measures (e.g. PHQ-9, GAD-7)

Joined the video session on time from a private room at home. Neatly presented, 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; no perceptual disturbances.

PHQ-9: 9 (assessment 14). GAD-7: 11 (assessment 16). Homework thought records reviewed on screen.

A Assessment

Clinical impression, progress towards goals, formulation, barriers

Generalised anxiety disorder with occasional panic symptoms. Olivia is making good progress towards her goals: GAD-7 has moved from the severe to the moderate range and PHQ-9 is now in the mild range. She is engaging well with CBT and is beginning to catch catastrophic predictions independently.

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

P Plan

Interventions used, homework, goals, onward referrals, next session

In session: reviewed thought records; set up a behavioural experiment for next week's presentation (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 1 week (session 5 of 12). Repeat PHQ-9 and GAD-7 each session. Review number of sessions at session 6.

Risk Assessment

Self-harm, suicide, harm to others, safeguarding

☐ None identified ☒ Low ☐ Moderate ☐ High

Notes: No suicidal ideation, plans or intent. No safeguarding concerns identified.

Signature

T. Harris

HCPC Registration No.

PYL123456

Date Signed

21/10/2026