

Session Note - January 15, 2026

Patient: John Doe

Therapist: Dr. Smith

**Presenting Concerns:**

Patient reports ongoing anxiety related to work stress. Has been experiencing difficulty sleeping and increased irritability over the past month.

**Session Summary:**

Today we focused on cognitive restructuring techniques to address catastrophic thinking patterns. Patient was able to identify several negative thought patterns and practice challenging them.

Patient demonstrated good engagement with a brief mindfulness breathing exercise (5 minutes). Reports feeling calmer after the exercise.

**Mood Assessment:**

Current mood: 5/10 (anxious but hopeful)

Sleep quality: Poor (4-5 hours per night)

Appetite: Normal

**Risk Assessment:**

Suicidal ideation: None

Self-harm behaviors: None

Homicidal ideation: None

Overall risk level: Low

**Interventions Used:**

- Cognitive restructuring
- Mindfulness breathing exercise
- Psychoeducation about anxiety

**Treatment Progress:**

Patient is making gradual progress in recognizing negative thought patterns. Still working on consistent application of coping strategies.

**Plan:**

- Continue weekly sessions
- Practice breathing exercises daily (2x per day, 5 minutes each)
- Complete thought diary for next session
- Next appointment: January 22, 2026