

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 few weeks.

Session Summary:

Today we focused on cognitive restructuring techniques to address catastrophic thinking patterns. Patient was able to identify several automatic negative thoughts and challenge them with evidence.

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

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