

Counsellor Session Report

Patient Information:

- **Student Name:** Nabil Muhammad Bin Muhammad
- **Student ID:** IS01082525
- **Date of Birth:** 22 February 2002
- **Age:** 23
- **Gender:** Male

Session Details:

- **Session Date:** 12 June 2025
- **Session Time:** 8:00 AM - 9:00 AM
- **Session Duration:** 1 hour
- **Therapist Name:** Miss Fatonah Binti Mohd Zaidi

Session Type:

Individual Therapy

Presenting Issues:

- Stress management
- Difficulty balancing studies and personal life
- Anxiety due to upcoming exams

Therapeutic Approach Used:

- Cognitive Behavioral Therapy (CBT)
- Mindfulness techniques
- Relaxation exercises

Session Focus:

- Managing stress and anxiety related to exams
- Enhancing time management skills
- Building coping strategies for academic pressures

Interventions Applied:

- Guided relaxation techniques
- Identifying negative thought patterns and reframing them
- Discussing time management strategies and creating a study plan

Client's Response:

- Actively participated in relaxation exercises
- Open to discussing challenges and concerns
- Expressed relief after engaging in CBT techniques

Progress Towards Goals:

- **Improved:** Client showed positive engagement with relaxation techniques and demonstrated increased awareness of stress triggers.

Assessment and Plan:

- **Short-Term Goals:**
 - Reduce anxiety levels before exams through mindfulness exercises.
 - Develop a daily study routine.
- **Long-Term Goals:**
 - Maintain reduced stress levels over the long term by practicing relaxation techniques regularly.
 - Improve overall coping strategies for stress and academic pressure.
- **Recommendations:**
 - Continue practicing CBT techniques.
 - Schedule regular check-ins with therapist to monitor progress.

Session Summary and Notes:

- The session focused on addressing academic-related stress and providing the client with tools to manage anxiety.
- Client responded positively to the interventions and demonstrated an understanding of the skills taught.
- A follow-up session is recommended to continue building on the coping strategies and monitor progress.

Signature of Therapist:

(Signature here)