



# Therapy Tracker

Coun Admin Number

Client Name:

Registration:

Apt Date:

Time:

Referred By:

## Follow Up Appointment

☐ Yes

☐ No

Apt Date:

Time:

Reason:

## Resources

Brief Description of  
Resource Needed

Purpose

## Session Content

Main points,  
challenges,  
barriers as stated  
by the learner

## Counsellor Analysis

Psychological  
understanding of  
presenting  
problems

## Therapy Tracker

### Description of Ideal/Miracle

Client's notable differences in a miracle situation

Scale out of 10 where 10 is living the miracle and 0 is as far from it as possible, where does the client see themselves now

0 1 2 3 4 5 6 7 8 9 10

### Goals

Brief Description of Client Goals

Goal 1:

Goal 2:

Goal 3:

### Plan

Brief Description of the Plan to Achieve Goals (counselling approach, client actions, break up goals, etc)

Goal 1:

Goal 2:

Goal 3:

### Counsellor Admin/To Do

Steps that need to be taken or completed by the counsellor

# **How to Use the Therapy Tracker**

**Resources** – list resources that either you have and need to bring for the next session, you need to find or create, or that the client will source. The purpose in this section should guide you in why you need the resource or how it will be used. (Examples: timetables, study guides, etc.)

**Session Content** – list the main points, notable concerns, repeated incidents, or phrases. This content is entirely client generated and does not include counsellor analysis.

**Counsellor Analysis** – the counsellor's perspective from a psychological view as to what the client may be experiencing or expressing. Include any theories that support further explanation or action and guide treatment planning.

**Description of Miracle** – this comes from Solution Focused Therapy which uses the miracle question to help the client identify their desired goals, behavioral changes, outcome, etc.

If you went to sleep tonight and a miracle happened and this problem you spoke about today was gone, how would you know? What would be different about your life?

Once the client identifies the goal, they then answer a scaled question that signifies how close they are to the goal. With 10 being goal is achieved.

**Goals** – these should be client directed, NOT counsellor. They can be a continuation from the miracle or separate. For younger clients it helps to ask them:

If you had 3 wishes you could use to change anything about your life, what would you wish?

**Plan** – describe the specific actions either you or the client will take to achieve goals.

**Counsellor Admin** – list any actions you need to take, phone calls, dr. appointments, follow up, printing, reports, etc. before the next session.

