

Play Therapy Session Clinical Notes

Client Name: _____

Date: _____

Time of session: _____

Counselor: _____

Session # _____

Length of session: _____

Transitioned into Session: enthusiastically wearily anxiously irritably tentatively
 excitedly boastfully begrudgingly calmly inquisitively merrily _____
as evidenced by: _____

Toys Used:

- | | | |
|--|---|---|
| <input type="checkbox"/> Action heroes/soldiers | <input type="checkbox"/> Cars/trucks | <input type="checkbox"/> Animals: domestic; zoo; dinosaurs; _____ |
| <input type="checkbox"/> Bop Bag/egg cartons/socker bopper | <input type="checkbox"/> Dress up/masks | <input type="checkbox"/> Water |
| <input type="checkbox"/> Baby dolls/bottle | <input type="checkbox"/> Guns/handcuffs/rope | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Doll house/small figures | <input type="checkbox"/> Swords/noodles/shields | <input type="checkbox"/> Puppets |
| <input type="checkbox"/> Crayons/markers/whiteboard/paint | <input type="checkbox"/> Doctor kit | <input type="checkbox"/> Kitchen/dishes/food |
| <input type="checkbox"/> Sand/miniatures | <input type="checkbox"/> Telephone | <input type="checkbox"/> Money/cash register |
| <input type="checkbox"/> Blocks/legos | <input type="checkbox"/> Basketball/hoop/balls | <input type="checkbox"/> _____ |

Subjective Feelings Expressed:

HAPPY: relieved, satisfied, pleased, delighted, excited, surprised, silly, _____
SAD: disappointed, hopeless, pessimistic, discouraged, lonely, _____
ANGRY: impatient, annoyed, frustrated, mad, mean, jealous, _____
AFRAID: vulnerable, helpless, distrustful, anxious, fearful, scared, terrified, _____
CONFIDENT: proud, strong, powerful, determined, free, _____
HESITANT: timid, confused, nervous, embarrassed, ashamed, _____
CURIOUS: interested, focused, _____

FLAT: contained, ambiguous, restricted, apathetic, bored _____

Session Narrative include subjective feelings and themes. Significant verbalizations "Firsts," additive or cycling play, description of role play or other content:

Themes:

- | | |
|--|---|
| <input type="checkbox"/> Relationship: connecting; trust; approval-seeking; manipulative; limit-testing; _____ | |
| <input type="checkbox"/> Mastery: deconstructive; constructive; competency; resolution; integrative; _____ | |
| <input type="checkbox"/> Adjustment/Change | <input type="checkbox"/> Power/Control |
| <input type="checkbox"/> Boundaries/Intrusion | <input type="checkbox"/> Exploratory |
| <input type="checkbox"/> Dependence/Independence | <input type="checkbox"/> Loneliness |
| <input type="checkbox"/> Helpless/Inadequate | <input type="checkbox"/> Confusion |
| <input type="checkbox"/> Aggression/Revenge | <input type="checkbox"/> Fears/Anxiety |
| <input type="checkbox"/> Self-Esteem/Self-Worth | <input type="checkbox"/> Good vs. Evil |
| <input type="checkbox"/> Safety/Security/Protection | <input type="checkbox"/> Anger/Sadness |
| <input type="checkbox"/> Nurturing/Self-Care/Healing | <input type="checkbox"/> Trust/Betrayal |
| <input type="checkbox"/> Death/Loss/Grieving | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Prosocial Behaviors Displayed:

- | | | |
|--|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Manners | <input type="checkbox"/> Caretaking | <input type="checkbox"/> Self-control |
| <input type="checkbox"/> Sharing | <input type="checkbox"/> Respect | <input type="checkbox"/> Picking Up |
| <input type="checkbox"/> Empathy | <input type="checkbox"/> Mutuality | <input type="checkbox"/> Apologizing |
| <input type="checkbox"/> Problem Solving | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Limits set and response of the child:

Transitioned out of Session: enthusiastically excitedly wearily anxiously inquisitively
 begrudgingly boastfully tentatively merrily irritably calmly _____
as evidenced by: _____

Reminders/other notes: