

SW 261 Sessions Log Assignment Glenn Thomas LSCW

Student is to describe and analyze three sessions with the child client and/or family, utilizing the treatment plan identified in the psychosocial assessment.

The student should keep a detailed log of sessions.

Describing the treatment focus of each session, the method of treatment, and the outcome.

Students should use critical thinking and self-reflection to analyze their own participation in the session and its effect. Approximately 5 pages.

Please use the headings in **bold** below and amount of writing for each section to organize your paper.

1. 1 page: **Background** of your therapy (Include if you are interning in a setting where you can treat).
2. 1 page : **Session 1**
 - a. **Treatment Focus** - your treatment goals going into the session - what did you expect to accomplish e.g. Continue to join with family, teach play skills to parent for child directed interaction phase of PCIT. (at least a paragraph)
 - b. **Method of treatment**, (most of page should be writing what you did in the session) e.g. What you said and did in the session. What were your interventions such as teaching feeling states to a child while the parent views.
 - c. **Outcome** : Did you get the outcome you expected. Did the expected treatment focus occur. (a paragraph)
3. 1 page : **Session 2** and same as **a., b., and c.**, as in session 1 above
4. 1 page : **Session 3**
5. 1 page : **Self Reflection** - Use the last page to self reflect and analyze your participation in the 3 sessions. I realize if you are creating what you think you might do in the sessions this will be more difficult. I do want you to reflect your own thinking about your therapy and you as a therapist and the feelings that arise when you do.

Good Luck

Glenn

