

Child-Centered Play Therapy Session Clinical Notes

Client name _____ Date _____ Time of session _____

Counselor _____ Session no. _____ 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-ups/masks	<input type="checkbox"/> water
<input type="checkbox"/> baby dolls/bottle	<input type="checkbox"/> telephone	<input type="checkbox"/> camera
<input type="checkbox"/> dollhouse/small figures	<input type="checkbox"/> guns/handcuffs/rope	<input type="checkbox"/> puppets
<input type="checkbox"/> crayons/markers/whiteboard/paint	<input type="checkbox"/> swords/noodles/shields	<input type="checkbox"/> kitchen/dishes/food
<input type="checkbox"/> sand/miniatures	<input type="checkbox"/> doctor kit	<input type="checkbox"/> money/cash register
<input type="checkbox"/> blocks/Legos	<input type="checkbox"/> basketball/hoop/balls	<input type="checkbox"/> _____

Themes

<input type="checkbox"/> helpless/inadequacy	<input type="checkbox"/> loneliness	<input type="checkbox"/> aggression/vengeance
<input type="checkbox"/> confusion	<input type="checkbox"/> self-esteem/self-worth	<input type="checkbox"/> fears/anxiety
<input type="checkbox"/> safety/security/protection	<input type="checkbox"/> good versus evil	<input type="checkbox"/> nurturing/self-care/healing
<input type="checkbox"/> anger/sadness	<input type="checkbox"/> death/loss/grieving	<input type="checkbox"/> trust/betrayal
<input type="checkbox"/> _____	<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, _____

Session narrative

Include subjective feelings and themes, significant verbalizations, "firsts," additive or cycling play, description of role, or other content.
