

FIRST SESSION SUMMARY SHEET

Client:

<p>CLIENT DETAILS or family composition</p> <p>.....</p>	<p>Details of presenting complaint and any BRIEF salient background information</p> <p>.....</p>
<p>How does the client hope this session will be useful? What will be different that will show that this session was useful?</p>	<p>Indications of clients' STRENGTHS (How he/she is coping, existing successes, pre-session change)</p>

PREFERRED FUTURE — How do they want things to be? The MIRACLE PICTURE (RICH detail)

Broad outcome/difference	Specific details – what will they be DOING? Specific differences.
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INSTANCES — Aspects of the miracle description that are already happening.

SCALING QUESTIONS

(Specify what 0 and 10 are)

What brought you to therapy	0 ---- 1 ---- 2 ---- 3 ---- 4 ---- 5 ---- 6 ---- 7 ---- 8 ---- 9 ---- 10	The day after the miracle
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What shows you are at x?	How will you know you have moved one step higher?
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	0 ---- 1 ---- 2 ---- 3 ---- 4 ---- 5 ---- 6 ---- 7 ---- 8 ---- 9 ---- 10	
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What shows you are at x?	How will you know you have moved one step higher?
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	0 ---- 1 ---- 2 ---- 3 ---- 4 ---- 5 ---- 6 ---- 7 ---- 8 ---- 9 ---- 10	
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What shows you are at x?	How will you know you have moved one step higher?
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TASK:

- Notice when you are one step higher on the scale Pretend the miracle has happened (give details) Other ...

NEXT APPOINTMENT:

COMMENTS ON PROCESS OF SESSION: