ACAT
Association for Cognitive Analytic Therapy

CAT Session Summary Sheet

Cancellations/DNA's	Date:	Session:	
	Date:	Session:	
Name:	Date:	Session:	Sessions remaining:

Content of session: Start/End of session; Unusual Events; Client's narrative; Events of week; Expression of feeling; Assimilation of warded off emotion; Resolution; Dreams; Cognitive work; Interpretation; Exploration of /links with past; Reciprocal Role Enactments; procedural sequences; Self harm/suicidal thinking; confidentiality

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Time Boundaries:	Absence discussed	No. of sessions named	Termination discussed
Procedures:	PF given	Returned	Preliminary identification
	Formal naming	Recognition by therapist	Recognition by client
	Exits named	Revision	
Reformulation:	Preparation	Given to client	Changes/Updates
	Reference to issues identified		
SDR:	Initial sketches	Final copy	Given to client
	Used in session	Referred to by client	
Rating Sheets:	Explained	Entered	
	Filled in/discuss OR	Weekly sheet: Given/Returned	

Planning: (homework given, areas to be covered etc)

SDR planning:

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