

WEB FORM L
PROCESS NOTES

Helper's name: _____

Date: _____

Instructions: Please complete these process notes as soon as possible after your session. Answer as honestly as possible. Give the completed form to your supervisor, so that you can discuss your reactions to the session.

1. *Manifest content:* What did the client talk about?

2. *Underlying content:* What were the unspoken meanings in what the client talked about?

3. *Defenses and barriers to change:* How does the client avoid anxiety?

4. *Client distortions or transference:* In what ways does the client respond to you as she or he has to other significant people in her or his life?

5. *Countertransference:* In what ways were your emotional, attitudinal, and behavioral responses stimulated by your interactions with the client?

6. *Personal reactions:* How would you evaluate your interventions? What would you do differently if you could? Why?
