Sample Interpersonal Therapy Session Summary

(Date) Session 1. Client came in to work on her relationship with her mother. She mentioned that her mother criticizes her boyfriend and wants her to spend more time on school work. I explained the Interpersonal model of therapy and how our relationships cause feelings. Client appeared anxious. She consistently looked away while talking with me. I mentioned to her that looking away might indicate anxiety and discomfort about her relationships and communication. She told me that she looks down when she does not know what to say. We discussed and practiced “I” statements, empathizing, and summarizing. I asked her to use all three strategies with her mother and she picked Wednesday night to use them. She will report what happened next week in her discussions with her mother.

Sarah Smith

College Student Therapist