



Psychodynamic Interpersonal Therapy

PIT - UK

Systematic Process notes

Name	Name / initials	
Therapist	Initials	
Session Number	X of y sessions	
Date	Dd/mm/yyyy	
	Observations	Hypotheses
	<ul style="list-style-type: none"> • <i>What is said?</i> • <i>How is it said?</i> • <i>Body language?</i> • <i>Metaphors?</i> • <i>How do I feel?</i> 	<ul style="list-style-type: none"> • <i>Express in everyday language</i>
Opening of session		
Observation of client		
Observation of Therapist		
Observation of Interaction		
Progress of core formulation		
Progress with aims of therapy		
Reminders		
Administrative		
Themes to be monitored	•	
Notes for supervision		