**THERAPY CENTRE SERVICES**

**Final Session Report**

**CLIENT DETAILS**

|  |  |
| --- | --- |
| **Client Name :** |  |
| **Date of 1st session :** |  |
| **Referral reference :** | **TCS Office use only** |

**GENERAL MENTAL HEALTH ASSESSMENT**

**Please specify main presenting issue:**

|  |  |  |
| --- | --- | --- |
| **Level A** | **Level B** | **Level C** |
| Anxiety (generalised) | Abortion | Addictions |
| Bereavement | Anger | Adoption |
| Bullying | Cancer | Attachment disorder |
| Depression (low level / no risk) | Child abuse | Body dysmorphia |
| Divorce | Complex grief | Dementia |
| Family issues | Domestic abuse | Disassociation |
| Feeling sad / SAD | Miscarriage | Eating disorders |
| Loneliness | Health anxiety | OCD |
| Relationship issues | Physical abuse | PTSD |
| Redundancy | Postnatal depression | Paranoia |
| Self confidence / self esteem | Self harm / suicidal thoughts | Personality disorders |
| Stress | Sexuality (coming to terms with) | Phobias |
| Work related stress | Trauma | Sexuality (gender identity / sexual preference) |
|  |  | Schizophrenia |

**WORK RELATED ASSESSMENT**

Is the client currently attending work Yes / No

How many days has the client been signed off work in the last 30 days?

What support (if any) is required from the Employer?

**FINAL SESSION REPORT**

|  |  |
| --- | --- |
| **Presenting issues covered throughout sessions:** |  |
| **Therapy Focus**  **(What were the main focuses of the sessions together)** | 1.  2.  3. |
| **Risk:** |  |
| **Was the counselling helpful?** |  |
| **Are there any issues remaining? How have these been addressed (signposting / referral back to employer, additional sessions requested)** |  |
| **Any other comments :** |  |

**GAD / PHQ (this is optional and not a ‘requirement’ however if the client completes a GAD / PHQ assessment and agrees for the scores to be included in their report please provide the scores below);**

|  |  |
| --- | --- |
| **GAD** |  |
| **PHQ** |  |