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?
   ____________________________________________________________________________________