

# Couples therapy note

*Couples session progress note*

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PATIENT

DATE OF SESSION

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PROVIDER

MODALITY (E.G., CBT)

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DIAGNOSIS (ICD-10)

CPT CODE

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## Session context

*Both partners present, IP identification, session number, duration, telehealth/in-person.*

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## Presenting concerns

*What the couple brought today — current relational issues, recent events.*

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## Dynamics observed

*Communication patterns, attachment behaviors, conflict cycles, repair attempts.*

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**Interventions**

*Joint and per-partner interventions used in session.*

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**Each partner's response**

*How each partner engaged, what shifted, what stuck. Per-partner without HIPAA-violating cross-disclosure.*

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**Plan**

*Homework, between-session practices, next session focus.*

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**PROVIDER SIGNATURE**

**DATE SIGNED**

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