

Family therapy note

Family therapy session note

PATIENT

DATE OF SESSION

PROVIDER

MODALITY (E.G., CBT)

DIAGNOSIS (ICD-10)

CPT CODE

Session context

Family members present, IP, format (90847 vs 90846), duration, location.

Presenting issues

Family-level concerns — what the family brought today, recent events, escalations or de-escalations.

Family dynamics

Roles, alignments, coalitions, communication patterns, observed scapegoating or triangulation.

Interventions

Systemic interventions (reframing, structural changes, paradoxical assignments) plus any individual interventions inside the family work.

Each member's response

Per-member engagement, distress, breakthrough, resistance. Use roles or initials, not identifying detail about non-IPs.

Plan

Homework (often family-level), between-session practices, who returns next session, coordination with IP's other providers.

PROVIDER SIGNATURE

DATE SIGNED
