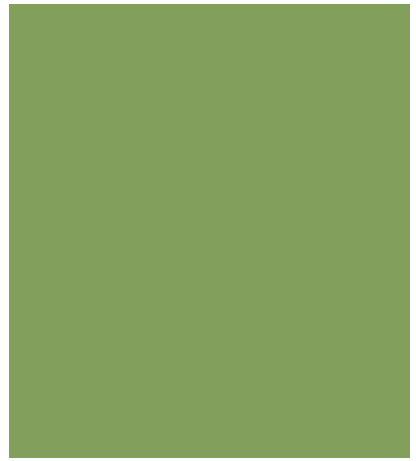
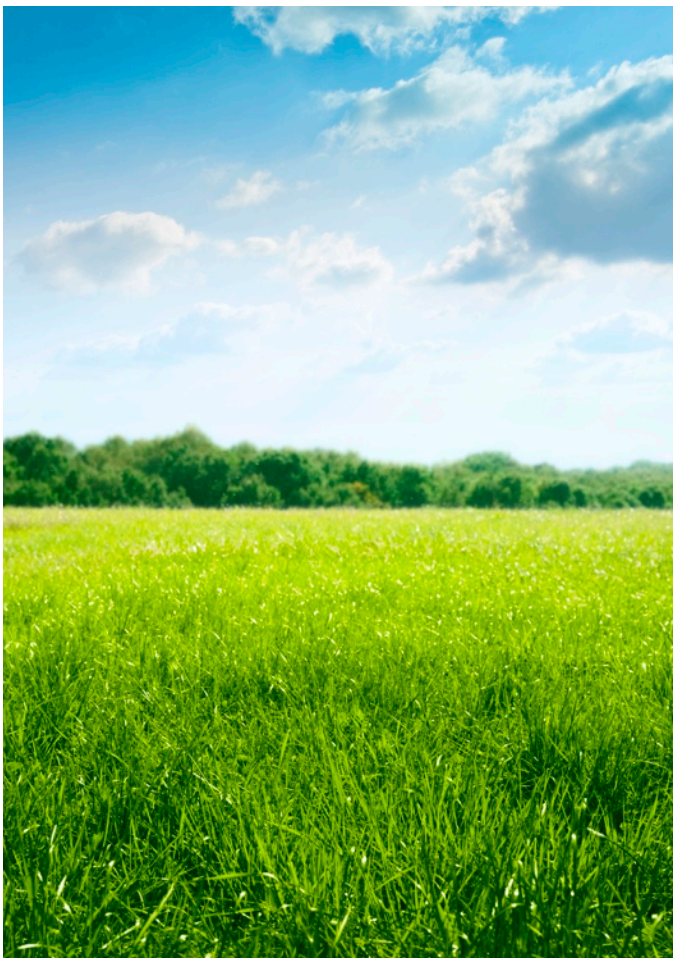
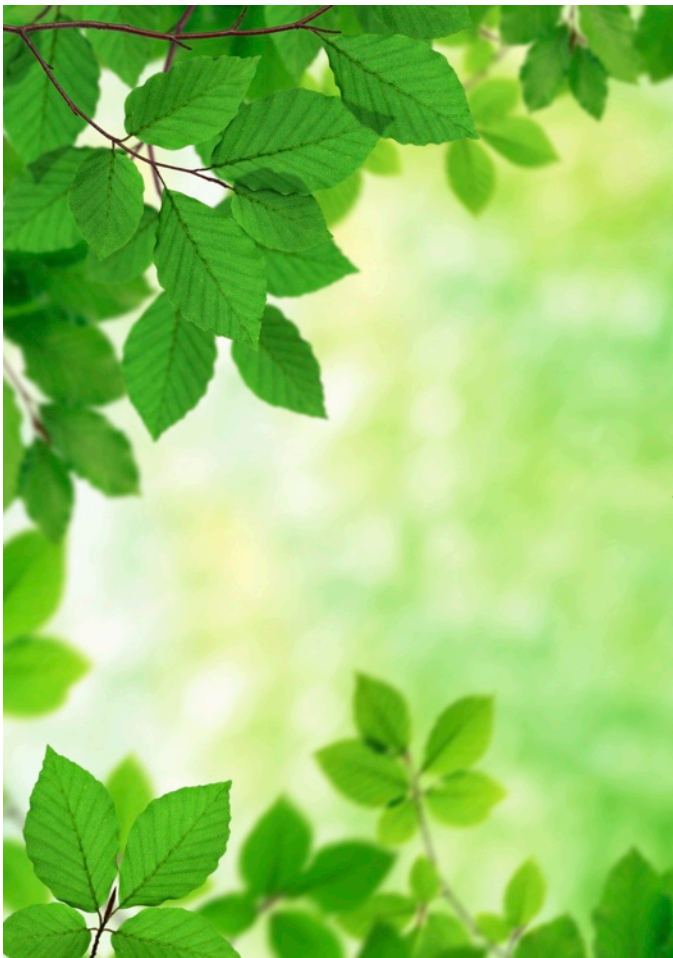


# I+3 Note System for Gestalt Therapists





# Print Instruction

Print page 3 to 16 to get a standard set

Then print page 5 in the desired quantity

Print relevant special sheets from page 17 to 24

Print directly from the browser or save the file to the hard drive for continued use

Fill in the code sections before print by opening the document in the free program Adobe Reader

Download the word file for individual adjustment from [www.Notesystem.eu](http://www.Notesystem.eu)

IDENTITY SHEET  
> TO BE STORED SEPARATELY FROM ALL OTHER SHEETS <

CODE	AGE
NAME	
ADRESS	
PHONE: MOBILE PHONE HOME WORK	
E-MAIL	
OTHER FULL NAMES	
NO NOTES HERE	

WRITE CODE HERE + ON IDENTITY SHEET

NEVER WRITE THE CLIENT'S NAME IN THIS FILE  
THE CLIENT IS REFERRED TO SOLELY AS E.G. "CL."

TODAY'S SESSION

DATE	NEXT APPOINTMENT	SESSION NO.	PAGE /
------	------------------	-------------	--------

NOTES

SOFT ANONYMOUS – NO FAMILY NAMES, SPECIFIC ADDRESSES AND SIMILAR.

## OVERVIEW

DATE OF FIRST SESSION

WANTS TO WORK WITH

WANTS TO ATTAIN

AGREEMENTS

## OVERVIEW

IMPORTANT THEMES, SESSION NO.

DESCRIBE WITH CATCHWORDS – WRITE RELEVANT SESSION NO. FROM "TODAY'S SESSION" FOR FURTHER DETAILS

## OVERVIEW

INFORMED ABOUT TWO CHAIR WORK, SESSION NO.

AVOID UNINTENTIONAL REPETITION: WRITE SESSION NO. WHEN THE CLIENT IS INFORMED ABOUT TWO CHAIR WORK

TWO CHAIR WORK, SESSION NO.

DESCRIBE WITH CATCHWORDS – WRITE RELEVANT SESSION NO. FROM "TODAY'S SESSION" FOR FURTHER DETAILS



## OVERVIEW

HOMEWORK, SESSION NO.

DESCRIBE WITH CATCHWORDS – WRITE RELEVANT SESSION NO. FROM "TODAY'S SESSION" FOR FURTHER DETAILS

## OVERVIEW

RESOURCE PEOPLE

PEOPLE WHO ARE A POSITIVE RESOURCE FOR THE CLIENT – ONLY FIRST NAMES

RESOURCE SITUATIONS, SESSION NO.

SITUATIONS THAT THE CLIENT HAS HANDLED IN A CONSTRUCTIVE WAY

## OVERVIEW

EVALUATION, SESSION NO.

DESCRIBE WITH CATCHWORDS – WRITE RELEVANT SESSION NO. FROM "TODAY'S SESSION" FOR FURTHER DETAILS

## BACKGROUND

PREVIOUS THERAPY

## BACKGROUND

WORK

FUNCTION ETC. – NOT THE NAME OF THE WORKPLACE

EDUCATION

## BACKGROUND

CURRENT FAMILY

ONLY FIRST NAMES – NO SPECIFIC ADDRESSES

## BACKGROUND

CHILDHOOD FAMILY

ONLY FIRST NAMES – NO SPECIFIC ADDRESSES

## BACKGROUND

OTHER



BACKGROUND

SEXUAL PARTNERS

ONLY FIRST NAMES

BACKGROUND

BULLYING

ONLY FIRST NAMES

BACKGROUND

SEXUAL ABUSE

ONLY FIRST NAMES

BACKGROUND

DRUGS, ALCOHOL ABUSE

ONLY FIRST NAMES

BACKGROUND

VIOLENCE

ONLY FIRST NAMES

## BACKGROUND

ILLNESS

ONLY FIRST NAMES

## BACKGROUND

ACCIDENTS

ONLY FIRST NAMES

## BACKGROUND

RELIGIOUS OBSERVANCE – SPIRITUALITY