

# SESSION NOTES

## WHAT TO INCLUDE

### First:

Statement with location, and participants

Ex: Session took place at the clinic with client

### Second :

Environmental changes/ Medical Changes:

Things that can alter the client's behavior

such as medication, client being sick, loud room, client not sleeping well

Ex: Caregiver mentioned that client did not sleep well last night

Ex: Client had a runny nose

Ex: Caregiver commented client did not eat breakfast today

### Third:

**Write 3 to 5 sentences about: Behaviors and Programs**

**Behaviors:** What happened before behavior and what was done after to stop behavior (ex: DRA, redirection, DRO, DRI, response block, antecedent interventions later on)

Ex: RBT asked client to pick up toy and client engaged in task refusal. RBT implemented premack principle for compliance

**Programs:** Choose a at least two programs to discuss (prompts used or teaching strategies, reinforcers used to run program, client's response to the program)

Ex: RBT implemented multiple trials of imitation with no response. RBT used M&Ms as reinforcer.

Ex: Today, RBT implemented errorless teaching for tacting goals by using partial verbal prompt.

### Last:

Closing sentence about overall participation and future meetings

Ex: Overall, client had a positive response to the session. Tomorrow we will work at the clinic

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## WHAT NOT TO INCLUDE

Do not talk about feelings or anything that cannot be observed  
(happy, sad, worried, confused)

You cannot say: Client was happy

You can say: Client arrived smiling

Do not use first person

You cannot say: Today I worked

You can say: Today RBT worked

Do not talk about academics (this is not covered by medicaid)

You cannot say: RBT implemented tracing/letters

You can say: RBT worked on on task program/ RBT implemented  
tacting

Do not mention extinction procedures unless approved by analyst

Ex: Do not use or mention extinction, restriction, overcorrection,  
response cost, hand over hand (unless for skill acquisition)

Do not use slang

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## SAMPLE NOTES

### Sample 1:

Session at the clinic with client. Client arrived smiling. There are no environmental changes to report today. Today, client engaged in tantrums when asked to sit at the table to work. RBT implemented premack principle and redirection for tantrums. RBT observed multiple instances of off task behavior. RBT implemented antecedent interventions by decreasing length of non preferred activities. RBT implemented errorless teaching for new manding to stop program. Client responded to modeling prompts. Overall, client had a positive response to the session.

### Sample 2:

Today's session was implemented at the clinic in company of client. Client was hugging caregiver and engaged in tantrum behavior upon arrival. Caregiver reported that client was coughing today and medication provided for cold by caregiver before the session. Today, client engaged in multiple attempts of elopement for which RBT implemented redirection and DRA. RBT used gummies to run imitation program. RBT implemented full physical prompts today for this program. Overall, client had a fair response to the session with multiple instances of task refusal and physical aggression.

### Sample 3:

Session took place at home in company of caregivers (mother and father) and client's brother. Client greeted therapist independently but he engaged in elopement during transitions to table. RBT implemented visual timers for transitions to decrease this behavior. RBT used squishy toys, slime, and mickey mouse toy as reinforcers. RBT implemented intraverbals (answering personal questions) with partial verbal prompt. Client had 10% accuracy for this program throughout the session. Next session will take place at home.