

Family Session Observation Log

Track dynamics, emotional tone, and progress over time.

Instructions: Use this form to track observable dynamics during family sessions. Check off what you notice and add brief notes. Over time, this log can help identify patterns of progress, regression, or emotional overload.

Section 1: Session Basics

Date of Session: _____

Type of Session: ☐ *In-Person* ☐ *Virtual*

Present Family Members: _____

Client Present? ☐ *Yes* ☐ *No*

Section 2: Observed Emotional Tone

(Check all that apply and note who displayed each)

- ☐ Tension / Hostility
- ☐ Emotional Withdrawal
- ☐ Overwhelming Sadness
- ☐ Calm / Neutral
- ☐ Constructive Engagement
- ☐ Humor / Relief
- ☐ Defensiveness
- ☐ Escalation Warning Signs (tone, volume, body language)

Notes:

Section 3: Interaction Dynamics

(Check all that apply)

- ☐ One member dominated conversation
- ☐ Client felt silenced or ignored
- ☐ Blame-based language used
- ☐ Reflective listening observed
- ☐ Repair attempts made

- ☐ Boundaries discussed
- ☐ Frequent interruption or speaking over each other
- ☐ Disengagement (e.g., someone emotionally or physically shut down)

Notes:

Section 4: Shifts & Progress

- ☐ Progress toward previous session goal
- ☐ Positive coping strategies mentioned
- ☐ Tension de-escalated successfully
- ☐ No significant progress this session
- ☐ Regression / increased conflict

Clinician Comments / Clinical Impressions:

Section 5: Suggested Focus for Next Session

Focus on:

Introduce: ☐ *SMART Re-engagement Plan* ☐ *Communication Skills* ☐ *Boundaries*

Consider: ☐ *Pausing Family Involvement* ☐ *One-on-One Sessions*
