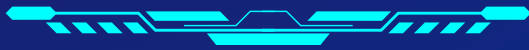


AI PROMPT LIBRARY

Tips for Therapists



AI PROMPTS

1

TURN THIS INTO A PROFESSIONAL DAP NOTE:

Rewrite this in clinical language: 'Client felt really overwhelmed this week, had a panic attack at work, used breathing but didn't tell anyone.' Keep it under 100 words

2

SUMMARIZE MY SESSION NOTES:

Turn these bullet points into a clear SOAP note: talked about family stress, avoided calling parents, feels guilty, practiced setting boundaries. Used CBT framework.

3

FIND THE COGNITIVE DISTORTION:

What type of thinking error is this? 'If I'm not perfect, I'm a failure.' Suggest a balanced thought

SUGGEST A HOMEWORK ASSIGNMENT:

Give me 3 simple CBT homework ideas for a client with social anxiety who avoids group events.

4

HELP ME REPHRASE THIS GENTLY:

Rewrite this for a progress report: 'Client is still struggling but trying.' Make it professional and hopeful.

5