



British Association for Sexual and Relationship Therapy
Registered Charity No: 1101961
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Log Book for Accreditation

Name of Applicant: .....

Date Log Book Starts: ..... Date Log Book Ends: .....

INSTRUCTIONS FOR COMPLETING LOG BOOK

- 1. Client Ref: Give client initials or number that means something to you but maintains confidentiality.
2. I / C / Gr: I = Individual, C = Couple, Gr = Group.
3. S/R: Problem as presented to therapist. S = Sexual problem predominant, R = Relationship problem predominant. NB All clients in the Log Book should have a sexual component, although the main problem may be the relationship
4. Nature of Sexual Problem: Please give your own description or classification of the sexual problem. If you use abbreviations, please provide a key to assist your Assessors.
5. Week Beginning: Put the date of the Monday beginning each week above each column.
6. Session Hours: This stands for session number(s) and number of hours spent with each client(s) each week. Under each week column put in which sessions were held in the sequence of therapy, eg 1st session = 1, 5th session = 5, etc. If you have had two sessions in the same week, put in both session numbers. For hours give the total number of therapy hours for that client that week.
7. Comment: Give a brief comment on the process of the therapy and the situation either on completion (outcome + total hours therapy), referral (reasons for) or current functioning at the end of log book entry period.
8. A maximum of 25% may be assessment. At least three of recorded cases should be more than five sessions.

I certify that the information contained in this log book is an accurate record of my work over the period documented and that the primary focus of the work presented was sexual and relationship therapy.

Signed (Applicant) ..... Date .....

Confirmed by Supervisor:

Signed (Supervisor) ..... Date .....





