

Psychotherapy

PROGRESS NOTES

Client:

Date:

Next Appointment:

CLIENT PRESENTATION

- ☐ Anxious
- ☐ Confused
- ☐ Energetic
- ☐ Worried
- ☐ Fearful
- ☐ Cooperative
- ☐ Withdrawn
- ☐ Lethargic
- ☐ Relaxed
- ☐ Depressed

RESPONSE TO TREATMENT

- ☐ Cooperative
- ☐ Uninterested
- ☐ Receptive
- ☐ Combative
- ☐ Engaged
- ☐ Other: _____

CLIENT STATUS

- ☐ Improving
- ☐ Unchanged
- ☐ Regressed
- ☐ Deteriorating

RISK ASSESSMENT

- ☐ Attempted to Cause Harm
- ☐ Intention to Cause Harm
- ☐ Suicidal Ideation
- ☐ Danger to Self
- ☐ Danger to Other
- ☐ Plan to Cause Harm

INTERVENTIONS USED

- | | |
|--|--|
| ☐ Cognitive Restructuring | ☐ Somatic Therapy |
| ☐ DBT | ☐ Role Play |
| ☐ Communication Training | ☐ Psychoeducation |
| ☐ EMDR | ☐ Exposure Therapy |
| ☐ Assessment | ☐ Problem-Solving Therapy |
| ☐ CBT | ☐ Goal/Progress Review |
| ☐ Client Centered Therapy | ☐ Interpersonal Therapy |
| ☐ Exploration | ☐ Mindfulness |
| ☐ Anger Management | ☐ Stress Management |
| ☐ Behavior Reinforcement | ☐ Grief Counselling |
| ☐ Crisis Intervention | ☐ Motivational Interviewing |
| ☐ Developed Coping Skills | ☐ Trauma Therapy |
| ☐ Emotion-Focused Therapy | ☐ Positive Psychology |
| ☐ Build rapport | ☐ Social Skills Training |
| ☐ Boundary Setting | ☐ Safety Planning |
| ☐ Clinical Challenging | ☐ Psychodynamic Therapy |
| ☐ ACT | ☐ Reflective Listening |

MEETING NOTES

I met with the client for a 45-minute session. The client reported feeling better since our last session. They mentioned that they had been able to manage their anxiety better and were more comfortable in social situations. The client also mentioned that they had been able to sleep better and were feeling more energized. We discussed the client's progress and the effectiveness of the interventions used. The client expressed a positive attitude towards the therapy and was motivated to continue. We reviewed the client's goals and the client expressed a strong commitment to achieving them. The session ended on a positive note, and the client thanked me for my help.

Sample Psychotherapy Progress Notes

L Darling-Hammond



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