

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- ☐ Withdrawn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

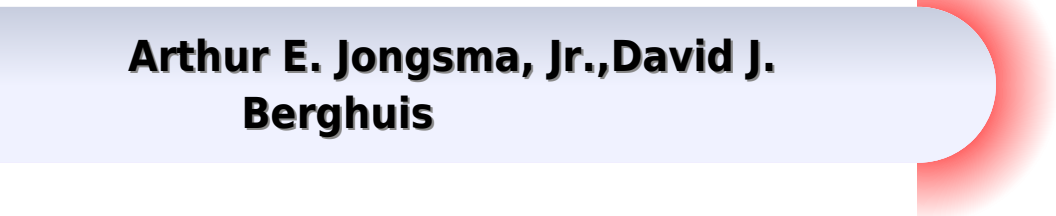
- | | |
|--|--|
| ☐ Cognitive Restructuring | ☐ Somatic Therapy |
| ☐ DBT | ☐ Role Play |
| ☐ Communication Training | ☐ Psychoeducation |
| ☐ EMDR | ☐ Exposure Therapy |
| ☐ Assessment | ☐ Problem-Solving Therapy |
| ☐ CBT | ☐ Goal/Progress Review |
| ☐ Client Centered Therapy | ☐ Interpersonal Therapy |
| ☐ 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. The client mentioned that they had been thinking about the therapist's advice and had been able to put it into practice. The client also mentioned that they had been able to manage their anxiety better. The therapist praised the client for their progress and encouraged them to continue to work on their goals. The therapist also discussed the client's current situation and provided support and guidance. The session ended with the client feeling hopeful and motivated.

Sample Psychotherapy Progress Notes

**Arthur E. Jongsma, Jr., David J.
Berghuis**



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