

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- ☐ Withdrawn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

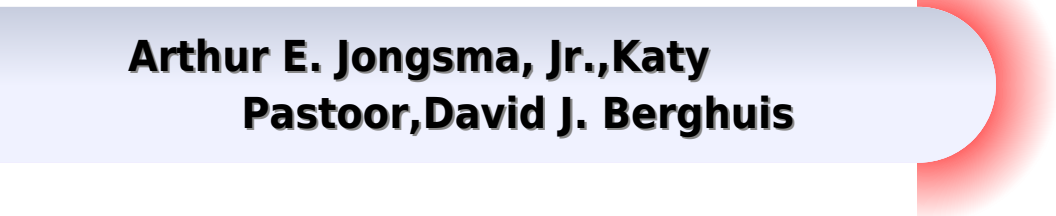
- | | |
|--|--|
| ☐ Cognitive Restructuring | ☐ Somatic Therapy |
| ☐ DBT | ☐ Role Play |
| ☐ Communication Training | ☐ Psychoeducation |
| ☐ EMDR | ☐ Exposure Therapy |
| ☐ Assessment | ☐ Problem-Solving Therapy |
| ☐ CBT | ☐ Goal/Progress Review |
| ☐ Client Centered Therapy | ☐ Interpersonal Therapy |
| ☐ 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 feeling more confident 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 desire to achieve them. The session ended on a positive note and the client was encouraged to continue with the therapy.

Sample Psychotherapy Progress Notes

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



Sample Psychotherapy Progress Notes:

Note Designer Patricia C Baldwin, 2016-03-23 This book provides step by step guidelines tips and instruction on how to create and write psychotherapy treatment notes Information and guidance are provided on how to write a treatment intake report treatment progress notes and termination summary A number of sample notes reports and templates are provided The book also includes hundreds of representative statements for therapists to use in the design of their own psychotherapy progress notes A valuable resource for experienced mental health professionals and trainees alike from the creator of Note Designer therapy note writing software A time saving reference to capture the essence and the methods of professional note writing for psychotherapists Easy to apply and great to keep close by when writing reports and progress notes Alexandre Smith Peter Psy D candidate

The Child Psychotherapy Progress Notes Planner Arthur E. Jongsma, Jr., L. Mark Peterson, William P. McInnis, David J. Berghuis, 2004-05-21 The Child Psychotherapy Progress Notes Planner Second Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Child Psychotherapy Treatment Planner Third Edition The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 33 main presenting problems that range from blended family problems and children of divorce to ADHD attachment disorder academic problems and speech and language disorders Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TR TM diagnostic categories in The Child Psychotherapy Treatment Planner Third Edition Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including the JCAHO and the NCQA

The Adolescent Psychotherapy Progress Notes Planner David J. Berghuis, L. Mark Peterson, William P. McInnis, Arthur E. Jongsma, Jr., 2014-03-17 Save hours of time consuming paperwork with the bestselling therapist's resource The Adolescent Psychotherapy Progress Notes Planner Fifth Edition contains more than 1 000 complete prewritten session and patient descriptions for each behavioral problem in The Adolescent Psychotherapy Treatment Planner Fifth Edition The prewritten notes can be easily and quickly adapted to fit a particular client need or treatment situation The Fifth Edition Provides an array of treatment approaches that correspond with the behavioral problems and new DSM 5 diagnostic categories in the corresponding companion Treatment Planner Organizes treatment for over 30 main presenting problems including conduct disorder chemical dependence low self esteem suicidal ideation ADHD sexual acting out and eating disorders Provides over 1 000 prewritten progress notes summarizing patient presentation and treatment delivered Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including The Joint Commission COA CARF and NCQA Saves clinicians hours of time consuming paperwork yet offers the freedom to develop customized progress notes Presents new and update information on

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Planner Arthur E. Jongsma, Jr., David J. Berghuis, 2010-01-19 The Veterans and Active Duty Military Psychotherapy Progress Notes Planner contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Veterans and Active Duty Military Psychotherapy Treatment Planner The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 39 behaviorally based presenting problems including nightmares post deployment reintegration combat and operational stress reaction amputation and or loss of mobility adjustment to killing and depression Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TR diagnostic categories in The Veterans and Active Duty Military Psychotherapy Treatment Planner Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Presents new and updated information on the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA [A Therapist's Guide to Writing in Psychotherapy](#) Michael D. Reiter, 2023-06-29 This guide practically aids mental health professionals in understanding and improving their therapeutic and academic writing demonstrating how the written word is an invaluable tool to document assess and promote change with those in and outside the therapy room Exploring the various ways writing occurs in psychotherapy professions Michael D Reiter comprehensively covers the range of the written word from progress notes and assessment documentation to journaling and therapeutic letters as well as contacting larger systems such as report writing and grant applications Chapters are formatted to include the purpose and function of a particular type of writing before providing multiple examples so therapists can apply this in their own practice This book aims to help all therapists regardless of academic training or therapeutic modality to incorporate these ideas into their work This book is designed for mental health professionals in a variety of settings including counselors therapists social workers family therapists and clinical psychologists This book is useful for graduate students as well as those already in practice *The Psychotherapy Documentation Primer* Donald E. Wiger, 2012-06-25 Everything you need to know to record client intake treatment and progress incorporating the latest managed care accrediting agency and government regulations Paperwork and record keeping are day to day realities in your mental health practice Records must be kept for managed care reimbursement for accreditation agencies for protection in the event of lawsuits to meet federal HIPAA regulations and to help streamline patient care in larger group practices inpatient facilities and hospitals The standard professionals and students have turned to for quick and easy yet comprehensive guidance to writing a wide range of mental health documents the Third Edition of The Psychotherapy Documentation Primer continues to reflect HIPAA and accreditation agency requirements as well as offer an abundance of examples The new edition features Revised examples of a wider range of psychological concerns New

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Standards and Guidelines for the Psychotherapies Paul M. Cameron, Jon Ennis, John Deadman, 1998-01-01 A comprehensive overview of the art and science of psychotherapy and a set of practice guidelines for psychiatrist developed from a report by the Joint Task Force on Standards and Guidelines for Medical Psychiatric Psychotherapy of the OPA and OMA

The Paper Office for the Digital Age, Fifth Edition Edward L. Zuckerman, Keely Kolmes, 2016-11-21 Significantly revised and updated to include online and computerized aspects of private practice this essential manual has given many tens of thousands of clinicians the complete record keeping and risk reduction tools that every psychotherapy practice needs The book provides effective methods for obtaining informed consent planning treatment and documenting progress managing HIPAA compliance maintaining clinical and financial records communicating with clients and third party payers and reducing malpractice risk Drawing from the professional literature it features key guidance and easy to digest pointers about the

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Practicum and Internship Christin M. Jungers, Judith Scott, 2019-05-21 Completely revised and updated the sixth edition of Practicum and Internship is a practical resource that provides students and supervisors with thorough coverage of all stages and aspects of the practicum and internship process New to this edition are Downloadable customizable online forms contracts and other materials Across the board updates that reflect 2016 CACREP standards Incorporation of contemporary research and literature that addresses recommended practices and ethical considerations regarding the use of technology in counseling New information on preparing students to run their first counseling and therapy groups A review of ethical standards and current perspectives on working with culturally diverse clients Current perspectives on managing self care during practicum and internship and beyond A thoughtful presentation of trauma informed approaches to counseling A revised final chapter including guidelines for preparing for licensure exams and for longevity in the profession With comprehensive information that spans across therapeutic approaches concerns and topics this remains an essential foundational text for counseling and psychotherapy students and their supervisors

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