

Progress Note for Psychotherapy Template

Client Information

Remi
First Name

Lopez
Last Name

04/04/1984
Date of Birth

02/12/2022 14:00
Date/Time

Problem

Remi has improved in managing her mood swings, and practicing emotional regulation techniques. However, she still has difficulties in concentrating on her work and motivating herself to complete tasks. Remi states that, "no matter how big or small, or what I'm feeling, I just struggle to work on both my mental state and my life."

Assessment

Remi has been diagnosed with bipolar disorder (type 1), and has faced issues with managing mood swings in the past. However, she has made significant progress, and now struggles to attend to work tasks in addition to focusing on her emotional regulation processes. It is recommended that she is given concentration techniques to help develop strategies to combat work imbalances.

Intervention

Remi has been provided with concentration techniques, as well as a structured plan to help her divide time for herself and for her day to day responsibilities. Remi is happy with this plan, and has responded positively to taking little steps.

Medication

Remi continues with her Lithium dosage. If improvements continue in future sessions, we may look at gradually decreasing this.

Plan

Remi will see me in 2 weeks, and will report back on her concentration techniques as well as her work/self-care balance. We will amend strategies, and revise medication routes if improvements are not made.

Dr Lucy Smith

Clinician Name (Printed)



Clinician Signature

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Sample Psychotherapy Progress Notes

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

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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The Beginning Psychotherapist's Companion Jan Willer, 2013-10-03 Filling in the gaps from students lack of experience and confidence The Beginning Psychotherapist's Companion Second Edition is a supportive and empathetic guide addressing real world concerns and providing essential insights not taught in textbooks With a reassuring and clear writing style Willer offers practical suggestions and clinical examples to address the professional development and emotional concerns of the beginning psychotherapist She guides readers through structuring the first session making clinical observations and establishing a therapeutic alliance Through the use of culturally diverse clinical vignettes Willer discusses the foundations of ethical practice including informed consent confidentiality documentation and setting boundaries The reader is guided on how and when to refer clients for medication and other health care Crisis management principles are detailed including suicide and violence risk assessment child abuse elder abuse intimate partner violence and rape Willer also provides professional advice on contemporary concerns such as social networking online searches of clients the psychotherapist's internet presence and other important emerging challenges Comprehensive practical and thoroughly updated The Beginning Psychotherapist's Companion Second Edition is the ideal resource for students and early career psychotherapists

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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 ethical legal and business aspects of

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