

# Progress Note

Enter Therapist Name, Credentials Here

Enter Practice Name Here

## 1. Client and

Patient Name:

Session Date:

Service Code:

Participants:

## 2. Diagnosis

## 3. Topics/Issues

- ☐ Child / Youth
- ☐ Childhood
- ☐ Depression
- ☐ Grief & Loss
- ☐ Identity/Life
- ☐ Relationships
- ☐ Parenting
- ☐ Self-Esteem
- ☐ Substance
- ☐ Trauma
- ☐ Workplace
- ☐ Other

## 5. Notes

## 6. Assessments

A. Mood:

B. Affect:

C. Mental Status:

Other:

D. Suicide/Homicide Risk:

## 7. Plan

A. Client Homework:

B. Next appointment scheduled for:

Therapist's Signature:

# Progress Note

Enter Practice Name Here

Enter Therapist Name, Credentials Here

## 1. Client and Session

Patient Name:

Session Date:

Service Code:

Participants:

Session Time:

☐ AM

☐ PM

Date of Birth:

Session Duration:

min

Session Type:

☐ In-Person

☐ Synchronous Video

☐ Phone Call

☐ Individual

☐ Others Present:

## 2. Diagnosis

Code:

Description:

## 3. Topics/Issues Discussed

- ☐ Child / Youth Behavioral Issues
- ☐ Childhood / Family of Origin
- ☐ Depression/Anxiety
- ☐ Grief & Loss
- ☐ Identity/Life transition
- ☐ Relationship(s)/Marriage
- ☐ Parenting Issues
- ☐ Self-Esteem
- ☐ Substance Use
- ☐ Trauma
- ☐ Workplace Problem
- ☐ Other

## 4. Interventions

- ☐ Anger Management
- ☐ Build Rapport
- ☐ CBT/Behavior Modification
- ☐ Communication Skills
- ☐ Expression of Feelings
- ☐ Goal Planning/Orientation
- ☐ Increasing Coping Skills
- ☐ Processing
- ☐ Psycho-Education
- ☐ Review Progress/Treatment Plan
- ☐ Self-Care Skills
- ☐ Other

## 5. Notes

## 6. Assessments

A. Mood: ☐ Normal ☐ Anxious ☐ Angry ☐ Depressed ☐ Euphoric

B. Affect: ☐ Appropriate ☐ Blunted ☐ Incongruent ☐ Intense ☐ Reactive

C. Mental Status: ☐ Normal ☐ Concentration Difficulty ☐ Disoriented ☐ Memory Difficulty

Other:

D. Suicide/Homicide Risk: ☐ Yes ☐ No ☐ If Yes, Risk Assessment Completed

## 7. Plan

A. Client Homework: ☐ Yes:

☐ No

B. Next appointment scheduled for: \_\_\_\_\_ at \_\_\_\_\_

☐ AM ☐ PM

Therapist's Signature:

Date:

# Oasas Guide For Progress Notes

**Rachel Sandford**



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