Psychotherapy Progress Note

Use this note to document individual, family or couples psychotherapy sessions and person's response to the intervention during a specific contact.

Data Field	
Person's Name	Record the first name, tast name, and middle initial of the person. Order of name is at agency discretion.
Record Number	Record your agency's established identification number for the person.
Person's DOB	Record the person's date of birth.
Organization Name:	Record the organization for whom you are delivering the service.
Modality	Check appropriate box to indicate the type of session: individual, family or couple.
List Name(s) of Person(s) Present	Check appropriate box to indicate whether the person is Present, is a No Show/Cancelled or the Provider Cancelled. For cancellations, complete Explanation as needed. Check appropriate box to indicate if others are present, list name(s) and reliableously(s) to person.
Person's Report of Progress Towards Goals/Objectives Since Last Session	Document person's self-report of progress towards goals since tast session including other sources of information, such as family, case manager, etc.
New Issue(s) Presented Today	There are four options available for staff using this section of the progress note. 1. If person does not report/present any new issues, mark 'None Reported' and proteed to planned intervention/goals. 2. If person reports a new issue that was resolved during the session check the 'New Issue resolved, no CA Update required' box. Briefly document the new issue, identity the interventions used in the Therapeutic interventions Section and indicate the resolution in the Response Section of the progress note. Example: Person described being involved in a minor car accident today. Person was not hurt but expressed concern regarding expense of car report. Person helt more relieved after identifying ways to cover expense over the next two weeks. 3. If person presents an issue that has been previously assessed and for which Goals/Objectives and services have been ordered, then the information may be briefly documented as an indicator of the progress or tack of progress achieved. 4. If person presents any new issue(s) that represent a therapeutic need that is not already being addressed in the NP, check box indicating a 'CA. Update Required' and record notation that new issue has been recorded on a Comprehensive Assessment Update of the same Date and write detailed namative on the appropriate GA Update as instructed in this manual. Also, the newly assessment Update of the same Date and write detailed manative on the appropriate GA Update is information may require a new goal, objective, therapeutic intervention or service that will require further use of the UAP Review/Revision form. Example: Person reported for the first time that she was a victim of abuse/neglect at the age of twelve as recorded on the Comprehensive Assessment Update of that date.

Sample Of Psychotherapy Progress Note

Puja Mehta

Sample Of Psychotherapy Progress Note:

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