

# 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., David J.  
Berghuis**



## **Sample Psychotherapy Progress Notes:**

The book delves into Sample Psychotherapy Progress Notes. Sample Psychotherapy Progress Notes is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Sample Psychotherapy Progress Notes, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
    - Chapter 1: Introduction to Sample Psychotherapy Progress Notes
    - Chapter 2: Essential Elements of Sample Psychotherapy Progress Notes
    - Chapter 3: Sample Psychotherapy Progress Notes in Everyday Life
    - Chapter 4: Sample Psychotherapy Progress Notes in Specific Contexts
    - Chapter 5: Conclusion
  2. In chapter 1, the author will provide an overview of Sample Psychotherapy Progress Notes. The first chapter will explore what Sample Psychotherapy Progress Notes is, why Sample Psychotherapy Progress Notes is vital, and how to effectively learn about Sample Psychotherapy Progress Notes.
  3. In chapter 2, the author will delve into the foundational concepts of Sample Psychotherapy Progress Notes. The second chapter will elucidate the essential principles that must be understood to grasp Sample Psychotherapy Progress Notes in its entirety.
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- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Sample Psychotherapy Progress Notes.

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