

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- ☐ Withdrawn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

- | | |
|--|--|
| <input type="checkbox"/> Cognitive Restructuring | <input type="checkbox"/> Somatic Therapy |
| <input type="checkbox"/> DBT | <input type="checkbox"/> Role Play |
| <input type="checkbox"/> Communication Training | <input type="checkbox"/> Psychoeducation |
| <input type="checkbox"/> EMDR | <input type="checkbox"/> Exposure Therapy |
| <input type="checkbox"/> Assessment | <input type="checkbox"/> Problem-Solving Therapy |
| <input type="checkbox"/> CBT | <input type="checkbox"/> Goal/Progress Review |
| <input type="checkbox"/> Client Centered Therapy | <input type="checkbox"/> Interpersonal Therapy |
| <input type="checkbox"/> Exploration | <input type="checkbox"/> Mindfulness |
| <input type="checkbox"/> Anger Management | <input type="checkbox"/> Stress Management |
| <input type="checkbox"/> Behavior Reinforcement | <input type="checkbox"/> Grief Counselling |
| <input type="checkbox"/> Crisis Intervention | <input type="checkbox"/> Motivational Interviewing |
| <input type="checkbox"/> Developed Coping Skills | <input type="checkbox"/> Trauma Therapy |
| <input type="checkbox"/> Emotion-Focused Therapy | <input type="checkbox"/> Positive Psychology |
| <input type="checkbox"/> Build rapport | <input type="checkbox"/> Social Skills Training |
| <input type="checkbox"/> Boundary Setting | <input type="checkbox"/> Safety Planning |
| <input type="checkbox"/> Clinical Challenging | <input type="checkbox"/> Psychodynamic Therapy |
| <input type="checkbox"/> ACT | <input type="checkbox"/> 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 commitment to achieving them. The session ended on a positive note and the client was encouraged to continue with the therapy.

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