

# Therapy Note Template

Patient Name: Helen Richards

Date	Note
10/06/2022	<p>Helen was late, seemed rushed and unprepared.</p> <p>Main focus of session was anxiety in social situations, encouraged Helen to reach out to friends.</p> <p>Rethink diagnosis? Wrote referral for psychiatrist re medication.</p>
10/13/2022	<p>Calmer, more prepared. Relaxed and attentive during session.</p> <p>Said session with psychiatrist went well, no pressure to be prescribed medication. Will monitor next 4 weeks.</p> <p>Saw friends — visible improvement regarding interactions.</p>
10/20/2022	<p>On time, neatly dressed.</p> <p>Has been noticing decrease in anxiety, more confident in abilities.</p> <p>Reinforce replacing negative self-talk with positive self-talk.</p>
10/27/2022	<p>Continues to work hard on achieving short-term goals.</p> <p>Spoke about how work worsens anxiety. Consider introducing boundaries to help separate work life from home life.</p> <p>Helen seems confident, expressed awareness of improvement.</p> <p>New goals?</p>

# Occupational Therapy Daily Progress Notes Sample

**Siddappa N.Byrareddy**



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