# CBT THERAPY PROGRESS NOTE STATEMENTS

1100+ Statements

### Adjustment Disorders

- Used CBT techniques to identify and challenge regative thoughts related to the adjustment.
- Conducted sessions on problem-solving skills to manage the stress of life changes.
- Facilitated discussions on developing healthy coping strategies for dealing with the adjustment.
- Used cognitive restructuring to replace materialistics thoughts with more balanced ones.
- Conducted sessions on mindfulness techniques to reduce anxiety related to adjustment.
- Recommended relaxation exercises to manage stress from adjustment.
- Facilitated discussions on setting realistic goals and expectations during the adjustment period.
- Conducted sessions on building resilience and adapting to new situations.
- Used thought records to track and challenge negative thoughts related to adjustment.
- Conducted sessions on developing a support reflects during periods of adjustment.
- Recommended journaling to process emotions related to adjustment.
- Facilitated discussions on the impact of adjustment on daily functioning and sett being.
- Used pushed imagery to reduce stress related to adjustment.
- Conducted sessions on developing time management skills to handle new responsibilities.
- Recommended the use of positive affirmations to build confidence during adjustment.
- Facilitated discussions on balancing new demands with self-care.
- Used exposure therapy to reduce hear related to new situations.
- Recommended deep breathing exercises to manage in-the-moment stress from adventment.
- Conducted sessions on developing coping strategies for managing change.
- Facilitated discussions on the importance of self-compassion during adjustment.
- Used behavioral activation to increase engagement in positive activities.
- Recommended the use of a planner to organize new tests and responsibilities.
- Conducted sessions on managing expectations from self and others during adjustment.
   Facilitated discussions on identifying and managing trippers related to adjustment stress.
- Used role playing to practice assertiveness in new situations.

### Alcohol Use Disorder

- Used CBT techniques to identify and challenge thoughts leading to alcohol use.
- Conducted sessions on developing coping strategies to manage cravings and triggers.
- Facilitated discussions on the impact of attornol use on stally functioning and relationships.
- Used cognitive restricturing to replace maladaptive thoughts with healther ores.
- Conducted sessions on building motivation for change and setting solviety goals.
- Recommended perioquition in support groups such as AA for additional support.
- Excitated discussions on developing a religies prevention plan.



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**Dawn Apgar** 

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