

Progress Notes for Mental Health Counselors Template

Client Information

John Doe 12/22/1990
First Name Last Name Date of Birth

| Date/Time | Progress Note |
|-----------------------------------|--|
| 10/04/2022 9:00 - 9:45am | John reported his feelings of anxiety have reduced in intensity, although he still feels "somewhat anxious pretty much all the time". Spent the session discussing anxiety coping mechanisms including how John can practice replacing anxiety triggers with calming thoughts. John presented neatly and was well groomed. He showed normal awareness of his presenting symptoms. No suicidal ideation present. Compliance with medication is good. Will continue with current treatment plan and weekly sessions. |
| 10/11/2022 9:05 - 9:50am | Session focused on an event at work: John is struggling with feelings of low self-worth, saying he feels like he "isn't good at anything he does". Practiced replacing negative self-talk with positive self-talk. John's feelings of anxiety are associated with low self-esteem. Compliance with medication is good. Insight into anxiety is normal. John will focus on strengthening professional relationships with colleagues. Weekly sessions to continue. |
| 10/18/2022 9:00 - 9:45am | John says he is "enjoying work a bit more". John attended a work event and said it made him feel "better about his relationships". John has demonstrated an improvement with his feelings of low self-esteem. Continue working on this area. John arrived to session promptly and was neatly dressed and well groomed. John's anxiety continues to decrease in intensity. Continue with current treatment plan. |
| 10/25/2022 9:00 - 9:45am | John says he feels "better" but still can't "shake the anxiety feeling". Session focused on identifying causes of anxiety (apart from work). Anxiety may be associated with social relationships. John is struggling to find time to maintain his friendships. John will reach out to friends and organize a social event. Work anxiety has reduced significantly. John is showing improvement. Current treatment plan to continue. |
| 11/01/2022 9:05 - 9:50am | John caught up with a friend and said he opened up about his work-related struggles, saying the conversation made him feel "so much better". John's anxiety at work continues to reduce. He practices replacing negative self-talk with positive self-talk and this appears to be improving his anxiety. Treatment plan will continue, but will reduce therapy sessions to once every fortnight. John will continue focusing on strengthening his relationships with friends, family members, and colleagues. |
| Counselor Name Dr Jane Example | Counselor Signature  |

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Mark E. Maruish



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jul 12 2021 1 ollie the ollie is one of the most basic and most essential tricks for every snowboarder to learn it involves jumping on the snow with your board strapped on and is a foundational part of many more complex maneuvers the ollie gets its name from skateboarding where the trick originated and is pretty much the same thing

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some of the most popular spin tricks include an alley oop half cab and hard way other snowboarding tricks the above list is just a glimpse into the many styles and types of tricks that you can perform on a snowboard other popular tricks that you ll see on the slopes include

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1 ollies once you gain perfection in performing the ollies you will become a pro from a novice in doing all the aerial

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feb 3 2023 one of the easiest snowboard tricks for beginners is a 360 flatspin where you make a 360 degree turn so essentially it's just an extended turn other easy beginner tricks are a tail press pressing leaning on your tail a nose press pressing your nose a butter spinning while pressing your nose or tail