

# Sample DAP note 1

**Data:** Met with MO in 2 hour group session. Used the large conference room in 1A side of building to provide a controlled environment. Reviewed social behavior goals and MO was easily distracted having extreme difficulty completing task of stating current goals and self evaluation on achieving goals.

MO left room and I shadowed her into the hallway. MO engaged in 1:1 conversation with me about an art project. I was able to redirect MO back to room using art as an incentive. Once we returned to the room MO was able to draw on the craft paper and participate in the goal sharing portion of group. Frequent redirection was required using verbal cues to bring about proper participation in Group topic discussion.

**Assessment:** MO had extreme difficulty initially adjusting and settling into the daily routine. Using the arts focus was brought about to a participation level for a consistent 10 minute time frame. When MO showed signs of another big distraction redirection to writing topics on the white board helped to keep her focused and participating for an additional 15 minutes. This was consistent with the ADHD (moderate) and Bi-polar diagnosis.

**Plan:** Continue to work on focus and attention. Continue to use art while seated to have an outlet for her energy. Continue to use verbal prompts to redirect as well as use drawing materials while seated as an outlet for her energy. Work to achieve 10 to 15 minute time frames of consistent focus and participation of task at hand 3 times per group session 5 times per week.

# Sample Psychotherapy Case Notes In Dap Format

**IM Harris**



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## **Table of Contents Sample Psychotherapy Case Notes In Dap Format**

1. Understanding the eBook Sample Psychotherapy Case Notes In Dap Format
  - The Rise of Digital Reading Sample Psychotherapy Case Notes In Dap Format
  - Advantages of eBooks Over Traditional Books
2. Identifying Sample Psychotherapy Case Notes In Dap Format
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Sample Psychotherapy Case Notes In Dap Format
  - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Psychotherapy Case Notes In Dap Format

- Personalized Recommendations
- Sample Psychotherapy Case Notes In Dap Format User Reviews and Ratings
- Sample Psychotherapy Case Notes In Dap Format and Bestseller Lists
- 5. Accessing Sample Psychotherapy Case Notes In Dap Format Free and Paid eBooks
  - Sample Psychotherapy Case Notes In Dap Format Public Domain eBooks
  - Sample Psychotherapy Case Notes In Dap Format eBook Subscription Services
  - Sample Psychotherapy Case Notes In Dap Format Budget-Friendly Options
- 6. Navigating Sample Psychotherapy Case Notes In Dap Format eBook Formats
  - ePub, PDF, MOBI, and More
  - Sample Psychotherapy Case Notes In Dap Format Compatibility with Devices
  - Sample Psychotherapy Case Notes In Dap Format Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Sample Psychotherapy Case Notes In Dap Format
  - Highlighting and Note-Taking Sample Psychotherapy Case Notes In Dap Format
  - Interactive Elements Sample Psychotherapy Case Notes In Dap Format
- 8. Staying Engaged with Sample Psychotherapy Case Notes In Dap Format
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Sample Psychotherapy Case Notes In Dap Format
- 9. Balancing eBooks and Physical Books Sample Psychotherapy Case Notes In Dap Format
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Sample Psychotherapy Case Notes In Dap Format
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Sample Psychotherapy Case Notes In Dap Format
  - Setting Reading Goals Sample Psychotherapy Case Notes In Dap Format
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sample Psychotherapy Case Notes In Dap Format

- Fact-Checking eBook Content of Sample Psychotherapy Case Notes In Dap Format
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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