

# SOAP Note for Therapy

## Patient Information

First Name: Alison

Surname: Hendricks

DoB: 08/09/2007

Date: 11/15/2022

## Subjective

Alison presented a low mood during the session today, with an obvious loss of interest. Alison describes her inability to get out of bed and go to hockey practice, "and I used to love going. It was the favourite part of my week, and to be honest I couldn't really care less about it anymore."

Additionally, Alison demonstrates a high level of apathy across her life. She feels withdrawn from schoolwork, stating, "even in Biology, which is what I'm best at, I can feel myself getting worse. I just can't bring myself to care."

Feelings from last week have worsened, especially in terms of feeling sad. Alison reports a "constant sadness" over the past week, for most days.

## Objective

Alison's school performance is declining, in having received two fail marks in Biology and Chemistry. Her food intake has also decreased, with a smaller appetite. Alison's weight remains relatively unchanged.

Alison also reports difficulties with sleep. Particularly, she demonstrates interrupted patterns, with the inability to fall back to sleep once disturbed.

Alison is not medicated.

## Assessment

Alison presents low mood, apathy, and changes in appetite. The combination of these, and their increase in comparison to the previous weeks suggest symptoms of major depressive disorder. Due to their development within a short timeframe, it is recommended that a preventive plan is constructed to address these concerns.

Alison otherwise presents reasonable and fair judgment. No signs of anxiety, or suicidal ideation. No delusions, hallucinations, or odd behaviors. Cognitive function is age appropriate, and although negative, her general affect is congruent with mood.

## Plan

Alison will continue to see me, with the next session in 2 weeks, 13/02/2022. If symptoms continue to persist and worsen, the possibility of medication routes will be discussed.

In the meantime, Alison has been provided with cognitive behavioral techniques that aim to reduce low and apathetic mood. She will develop a stronger ability to recognize depressive symptoms, and understand how to cope with these feelings. Sleeping patterns will also be monitored. Severe intervention is not needed for Alison's case as of this session.

Signature



Date

11/15/2022

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# **Sample Soap Note For Children Counseling**

**Jane Clifford O'Brien, Jean W. Solomon**



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