

Therapy Note Template

Patient Name: Helen Richards

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

Occupational Therapy Daily Progress Notes Sample

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