SOAP Note for Counseling

Patient Information

First Name: Hannah

DoB: 09/05/1982

Surname: Smith

08/10/2022 Date:

Subjective

Hannah said she has been "feeling better this week". She has reduced her hours at work from 40/week to 20/week and said this has helped her anxiety and stress.

Objective

Hannah's self-care skills are intact. She has normal food intake and says she is sleeping 6-8 hours per night. Weight is stable and unchanged.

Assessment

Hannah presents as calm and attentive. Her speech is normal in rate, articulation, and volume. Hannah shows a normal insight into problems and is demonstrating a desire to improve her feelings of anxiety and stress. Suicidal ideation is absent. Hannah practiced replacing negative self-talk with positive self-talk and was taught how to identify and remove herself from situations that are causing stress.

Plan.

Hannah will continue to have weekly counseling sessions. She will focus on replacing negative self-talk with positive self-talk and has a goal to do 30 minutes of outside exercise 2 times over the next week.

08/10/2022



Sample Soap Note For Children Counseling

Sebastian Brünink

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