

# Psychotherapy

## PROGRESS NOTES

Client:

Date:

Next Appointment:

### CLIENT PRESENTATION

- ☐ Anxious
- ☐ Confused
- ☐ Energetic
- ☐ Worried
- ☐ Fearful
- ☐ Cooperative
- ☐ Withdrawn
- ☐ Lethargic
- ☐ Relaxed
- ☐ Depressed

### RESPONSE TO TREATMENT

- ☐ Cooperative
- ☐ Uninterested
- ☐ Receptive
- ☐ Combative
- ☐ Engaged
- ☐ Other: \_\_\_\_\_

### CLIENT STATUS

- ☐ Improving
- ☐ Unchanged
- ☐ Regressed
- ☐ Deteriorating

### RISK ASSESSMENT

- ☐ Attempted to Cause Harm
- ☐ Intention to Cause Harm
- ☐ Suicidal Ideation
- ☐ Danger to Self
- ☐ Danger to Other
- ☐ Plan to Cause Harm

### INTERVENTIONS USED

- |                                                  |                                                    |
|--------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Cognitive Restructuring | <input type="checkbox"/> Somatic Therapy           |
| <input type="checkbox"/> DBT                     | <input type="checkbox"/> Role Play                 |
| <input type="checkbox"/> Communication Training  | <input type="checkbox"/> Psychoeducation           |
| <input type="checkbox"/> EMDR                    | <input type="checkbox"/> Exposure Therapy          |
| <input type="checkbox"/> Assessment              | <input type="checkbox"/> Problem-Solving Therapy   |
| <input type="checkbox"/> CBT                     | <input type="checkbox"/> Goal/Progress Review      |
| <input type="checkbox"/> Client Centered Therapy | <input type="checkbox"/> Interpersonal Therapy     |
| <input type="checkbox"/> Exploration             | <input type="checkbox"/> Mindfulness               |
| <input type="checkbox"/> Anger Management        | <input type="checkbox"/> Stress Management         |
| <input type="checkbox"/> Behavior Reinforcement  | <input type="checkbox"/> Grief Counselling         |
| <input type="checkbox"/> Crisis Intervention     | <input type="checkbox"/> Motivational Interviewing |
| <input type="checkbox"/> Developed Coping Skills | <input type="checkbox"/> Trauma Therapy            |
| <input type="checkbox"/> Emotion-Focused Therapy | <input type="checkbox"/> Positive Psychology       |
| <input type="checkbox"/> Build rapport           | <input type="checkbox"/> Social Skills Training    |
| <input type="checkbox"/> Boundary Setting        | <input type="checkbox"/> Safety Planning           |
| <input type="checkbox"/> Clinical Challenging    | <input type="checkbox"/> Psychodynamic Therapy     |
| <input type="checkbox"/> ACT                     | <input type="checkbox"/> Reflective Listening      |

### MEETING NOTES

I met with the client for a 45-minute session. The client reported feeling better since our last session. They mentioned that they had been able to manage their anxiety better and were feeling more confident. The client also mentioned that they had been able to manage their depression better and were feeling more motivated. The client reported that they had been able to manage their anger better and were feeling more in control. The client also mentioned that they had been able to manage their stress better and were feeling more relaxed. The client reported that they had been able to manage their sleep better and were feeling more rested. The client also mentioned that they had been able to manage their appetite better and were feeling more satisfied. The client reported that they had been able to manage their energy better and were feeling more alert. The client also mentioned that they had been able to manage their mood better and were feeling more stable. The client reported that they had been able to manage their thoughts better and were feeling more clear. The client also mentioned that they had been able to manage their feelings better and were feeling more in touch with themselves. The client reported that they had been able to manage their behavior better and were feeling more in control. The client also mentioned that they had been able to manage their relationships better and were feeling more supported. The client reported that they had been able to manage their life better and were feeling more fulfilled. The client also mentioned that they had been able to manage their future better and were feeling more hopeful.

# Sample Psychotherapy Progress Notes

**Christin M. Jungers, Judith Scott**



## **Sample Psychotherapy Progress Notes:**

**Note Designer** Patricia C Baldwin, 2016-03-23 This book provides step by step guidelines tips and instruction on how to create and write psychotherapy treatment notes Information and guidance are provided on how to write a treatment intake report treatment progress notes and termination summary A number of sample notes reports and templates are provided The book also includes hundreds of representative statements for therapists to use in the design of their own psychotherapy progress notes A valuable resource for experienced mental health professionals and trainees alike from the creator of Note Designer therapy note writing software A time saving reference to capture the essence and the methods of professional note writing for psychotherapists Easy to apply and great to keep close by when writing reports and progress notes Alexandre Smith Peter Psy D candidate

**The Child Psychotherapy Progress Notes Planner** Arthur E. Jongsma, Jr., L. Mark Peterson, William P. McInnis, David J. Berghuis, 2004-05-21 The Child Psychotherapy Progress Notes Planner Second Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Child Psychotherapy Treatment Planner Third Edition The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 33 main presenting problems that range from blended family problems and children of divorce to ADHD attachment disorder academic problems and speech and language disorders Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TR TM diagnostic categories in The Child Psychotherapy Treatment Planner Third Edition Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including the JCAHO and the NCQA

**The Adolescent Psychotherapy Progress Notes Planner** David J. Berghuis, L. Mark Peterson, William P. McInnis, Arthur E. Jongsma, Jr., 2014-03-17 Save hours of time consuming paperwork with the bestselling therapist's resource The Adolescent Psychotherapy Progress Notes Planner Fifth Edition contains more than 1 000 complete prewritten session and patient descriptions for each behavioral problem in The Adolescent Psychotherapy Treatment Planner Fifth Edition The prewritten notes can be easily and quickly adapted to fit a particular client need or treatment situation The Fifth Edition Provides an array of treatment approaches that correspond with the behavioral problems and new DSM 5 diagnostic categories in the corresponding companion Treatment Planner Organizes treatment for over 30 main presenting problems including conduct disorder chemical dependence low self esteem suicidal ideation ADHD sexual acting out and eating disorders Provides over 1 000 prewritten progress notes summarizing patient presentation and treatment delivered Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including The Joint Commission COA CARF and NCQA Saves clinicians hours of time consuming paperwork yet offers the freedom to develop customized progress notes Presents new and update information on

the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA     *The Adult Psychotherapy Progress Notes Planner* David J. Berghuis, Arthur E. Jongsma, Jr., 2004-05-07 The Adult Psychotherapy Progress Notes Planner Second Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Complete Adult Psychotherapy Treatment Planner Third Edition The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 42 main presenting problems including anger management chemical dependence depression financial stress low self esteem and Obsessive Compulsive Disorder OCD Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TR diagnostic categories in The Complete Adult Psychotherapy Treatment Planner Third Edition Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including the JCAHO and the NCQA     **The Clinical Documentation Sourcebook** Donald E. Wiger, 2009-12-31 All the forms handouts and records mental health professionals need to meet documentation requirements fully revised and updated The paperwork required when providing mental health services continues to mount Keeping records for managed care reimbursement accreditation agencies protection in the event of lawsuits and to help streamline patient care in solo and group practices inpatient facilities and hospitals has become increasingly important Now fully updated and revised the Fourth Edition of The Clinical Documentation Sourcebook provides you with a full range of forms checklists and clinical records essential for effectively and efficiently managing and protecting your practice The Fourth Edition offers Seventy two ready to copy forms appropriate for use with a broad range of clients including children couples and families Updated coverage for HIPAA compliance reflecting the latest The Joint Commission TJC and CARF regulations A new chapter covering the most current format on screening information for referral sources Increased coverage of clinical outcomes to support the latest advancements in evidence based treatment A CD ROM with all the ready to copy forms in Microsoft Word format allowing for customization to suit a variety of practices From intake to diagnosis and treatment through discharge and outcome assessment The Clinical Documentation Sourcebook Fourth Edition offers sample forms for every stage of the treatment process Greatly expanded from the Third Edition the book now includes twenty six fully completed forms illustrating the proper way to fill them out Note CD ROM DVD and other supplementary materials are not included as part of eBook file     *The Adult Psychotherapy Progress Notes Planner* Arthur E. Jongsma, Jr., Katy Pastoor, David J. Berghuis, 2021-05-11 The Adult Psychotherapy PROGRESS NOTES PLANNER PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS Fully revised and updated throughout The Adult Psychotherapy Progress Notes Planner Sixth Edition enables practitioners to quickly and easily create progress notes that completely integrate with a client s treatment

plan Each of the more than 1 000 prewritten session and patient presentation descriptions directly link to the corresponding behavioral problem contained in The Complete Adult Psychotherapy Treatment Planner Sixth Edition Organized around 44 behaviorally based problems aligned with DSM V diagnostic categories the Progress Notes Planner covers an extensive range of treatment approaches for anxiety bipolar disorders attention deficit hyperactivity disorder ADHD dependency trauma cognitive deficiency and more Part of the market leading Wiley PracticePlanners series The Adult Psychotherapy Progress Notes Planner will save you hours of time by allowing you to rapidly adapt your notes to each individual patient s behavioral definitions symptom presentations or therapeutic interventions An essential resource for psychologists therapists counselors social workers psychiatrists and other mental health professionals working with adult clients The Adult Psychotherapy Progress Notes Planner Provides more than 8 000 prewritten easy to modify progress notes summarizing patient presentation and the interventions implemented within the session Features sample progress notes conforming to the requirements of most third party health care payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Include a brand new chapter that coordinates with the Treatment Planner s chapter on loneliness Additional resources in the PracticePlanners series Treatment Planners cover all the necessary elements for developing formal treatment plans including detailed problem definitions long term goals short term objectives therapeutic interventions and DSM TM diagnoses Homework Planners feature behaviorally based ready to use assignments to speed treatment and keep clients engaged between sessions For more information on our PracticePlanners including our full line of Treatment Planners visit us on the Web at [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners)

*The Adolescent Psychotherapy Progress Notes Planner* Arthur E. Jongsma, Jr., Katy Pastoor, David J. Berghuis, Timothy J. Bruce, 2024-01-11 Save hours of time consuming paperwork with the bestselling planning system for mental health professionals The Adolescent Psychotherapy Progress Notes Planner Sixth Edition provides more than 1 000 complete prewritten session and patient descriptions for each behavioral problem in The Adolescent Psychotherapy Treatment Planner Sixth Edition Each customizable note can be quickly adapted to fit the needs of particular client or treatment situation An indispensable resource for psychologists therapists counselors social workers psychiatrists and other mental health professionals working with adolescent clients The Adolescent Psychotherapy Progress Notes Planner Sixth Edition Provides over 1 000 prewritten progress notes describing client presentation and interventions implemented Covers a range of treatment options that correspond with the behavioral problems and current DSM TR diagnostic categories in the corresponding Adolescent Psychotherapy Treatment Planner Incorporates DSM 5 TR specifiers and progress notes language consistent with evidence based treatment interventions Addresses more than 35 behaviorally based presenting problems including social anxiety suicidal ideation conduct disorder chemical dependence bipolar disorder low self esteem ADHD eating disorders and unipolar depression Includes sample progress notes that satisfy the requirements of most third party payors and accrediting agencies including JCOA CARF and NCQA Features new and updated information

on the role of evidence based practice in progress notes writing and the status of progress notes under HIPAA     **The Couples Psychotherapy Progress Notes Planner** Arthur E. Jongsma, Jr.,David J. Berghuis,2011-05-03 The Couples Psychotherapy Progress Notes Planner Second Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Couples Psychotherapy Treatment Planner Second Edition The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 35 behaviorally based presenting problems including loss of love and affection depression due to relationship problems jealousy job stress financial conflict sexual dysfunction blame and intimate partner violence Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TRTM diagnostic categories in The Couples Psychotherapy Treatment Planner Second Edition Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Presents new and updated information on the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA     **The Adolescent Psychotherapy Progress Notes Planner** David J. Berghuis,L. Mark Peterson,William P. McInnis,Arthur E. Jongsma, Jr.,2011-02-10 As with the previous edition The Adolescent Psychotherapy Progress Notes Planner Third Edition helps mental health practitioners reduce the amount of time spent on paperwork by providing a full menu of pre written progress notes that can be easily and quickly adapted to fit a particular patient need or treatment situation     **The Child Psychotherapy Progress Notes Planner** Arthur E. Jongsma, Jr.,Katy Pastoor,David J. Berghuis,Timothy J. Bruce,2023-02-13 Create effective treatment plans for children quickly and efficiently The newly revised sixth edition of the Child Psychotherapy Treatment Planner is a timesaving easy to use reference for practitioners seeking to clarify simplify and accelerate the treatment planning process so you can spend less time on paperwork and more time with your clients Each chapter begins with a new evidence based Short Term Objective and two new Therapeutic Interventions emphasizing evidence based and empirically supported interventions likely to be effective and meaningful in therapy The latest edition also contains new and revised evidence based Objectives and Interventions more professional resources and best practice citations for the non EBT chapter content and more suggested homework assignments The book also offers Two entirely new chapters Bullying Victim and Disruptive Mood Dysregulation Disorder An updated self help book list in the Bibliotherapy Appendix A Integrated DSM 5 ICD 10 diagnostic labels and codes in the Diagnostic Suggestions section of each chapter Updated and expanded references to research supporting the evidence based content contained within An essential resource promoting the efficient use of practitioner time the Child Psychotherapy Treatment Planner belongs in the libraries of clinicians responsible for the development of treatment plans for children     **The Veterans and Active Duty Military Psychotherapy Progress Notes**

**Planner** Arthur E. Jongsma, Jr., David J. Berghuis, 2010-01-19 The Veterans and Active Duty Military Psychotherapy Progress Notes Planner contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Veterans and Active Duty Military Psychotherapy Treatment Planner The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 39 behaviorally based presenting problems including nightmares post deployment reintegration combat and operational stress reaction amputation and or loss of mobility adjustment to killing and depression Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TR diagnostic categories in The Veterans and Active Duty Military Psychotherapy Treatment Planner Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Presents new and updated information on the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA *A Therapist's Guide to Writing in Psychotherapy* Michael D. Reiter, 2023-06-29 This guide practically aids mental health professionals in understanding and improving their therapeutic and academic writing demonstrating how the written word is an invaluable tool to document assess and promote change with those in and outside the therapy room Exploring the various ways writing occurs in psychotherapy professions Michael D Reiter comprehensively covers the range of the written word from progress notes and assessment documentation to journaling and therapeutic letters as well as contacting larger systems such as report writing and grant applications Chapters are formatted to include the purpose and function of a particular type of writing before providing multiple examples so therapists can apply this in their own practice This book aims to help all therapists regardless of academic training or therapeutic modality to incorporate these ideas into their work This book is designed for mental health professionals in a variety of settings including counselors therapists social workers family therapists and clinical psychologists This book is useful for graduate students as well as those already in practice *The Psychotherapy Documentation Primer* Donald E. Wiger, 2012-06-25 Everything you need to know to record client intake treatment and progress incorporating the latest managed care accrediting agency and government regulations Paperwork and record keeping are day to day realities in your mental health practice Records must be kept for managed care reimbursement for accreditation agencies for protection in the event of lawsuits to meet federal HIPAA regulations and to help streamline patient care in larger group practices inpatient facilities and hospitals The standard professionals and students have turned to for quick and easy yet comprehensive guidance to writing a wide range of mental health documents the Third Edition of The Psychotherapy Documentation Primer continues to reflect HIPAA and accreditation agency requirements as well as offer an abundance of examples The new edition features Revised examples of a wider range of psychological concerns New

chapters on documentation ethics and the art and science of psychological assessment and psychotherapy Study questions and answers at the end of each chapter Greatly expanded The Psychotherapy Documentation Primer Third Edition continues to be the benchmark record keeping reference for working professionals reflecting the latest in documentation and reporting requirements *Record Keeping in Psychotherapy and Counseling* Ellen T. Luepker, 2012-04-27 Record Keeping in Psychotherapy and Counseling provides an essential framework for understanding record keeping within legal ethical supervisory and clinical contexts Compelling case examples identify dilemmas and strategies in protecting confidentiality More than a simple reference book this text introduces the concept of using records as therapeutic tools to strengthen the therapeutic relationship and facilitate clinical supervision Appendices and an accompanying CD offer sample forms A reader friendly style makes this new edition appropriate for undergraduate and graduate students New material on electronic records the impact of electronic communication and practitioners experiences with implementing the Health Insurance Portability and Accountability Act bring this book up to date Everyone from students to seasoned practitioners will continue to rely on it for protecting themselves their patients and their trainees The Beginning Psychotherapist's Companion Jan Willer, 2013-10-03 Filling in the gaps from students lack of experience and confidence The Beginning Psychotherapist s Companion Second Edition is a supportive and empathetic guide addressing real world concerns and providing essential insights not taught in textbooks With a reassuring and clear writing style Willer offers practical suggestions and clinical examples to address the professional development and emotional concerns of the beginning psychotherapist She guides readers through structuring the first session making clinical observations and establishing a therapeutic alliance Through the use of culturally diverse clinical vignettes Willer discusses the foundations of ethical practice including informed consent confidentiality documentation and setting boundaries The reader is guided on how and when to refer clients for medication and other health care Crisis management principles are detailed including suicide and violence risk assessment child abuse elder abuse intimate partner violence and rape Willer also provides professional advice on contemporary concerns such as social networking online searches of clients the psychotherapist s internet presence and other important emerging challenges Comprehensive practical and thoroughly updated The Beginning Psychotherapist s Companion Second Edition is the ideal resource for students and early career psychotherapists **The Child Clinician's Report-writing Handbook** Ellen Braaten, 2007-02-08 What an incredible resource Braaten has written what is clearly the most comprehensive child assessment handbook available This indispensable book carefully walks the clinician through the entire assessment process and covers all conceivable areas of inquiry This is an essential guide for the beginning practitioner and one that is sure to become a mainstay on every child clinicians bookshelf Lee A Ros n PhD Colorado State University **Essential Interviewing and Counseling Skills, Second Edition** Tracy Prout, Melanie Wadkins, Tatianna Kufferath-Lin, 2021-08-11 The only comprehensive interviewing and counseling text grounded in a strong multi theoretical foundation Structured



around CACREP standards Essential Interviewing and Counseling Skills Second Edition uniquely encompasses both theory and practice from the perspectives of a diverse array of theoretical schools and practice strategies While continuing to disseminate counseling fundamentals the second edition focuses extensively on the acquisition of robust interviewing and counseling skills including special preparation for the initial assessment and counseling session It is also distinguished by its integration of cognitive behavioral and psychodynamic therapy approaches Throughout the text emphasizes the importance of multicultural humility and a multicultural orientation to counseling including challenging students to examine their own backgrounds and biases This latest edition also addresses key aspects of telehealth that have come to the fore during the COVID pandemic The use of case examples throughout highlights multiple theoretical approaches and illustrates how to integrate a wide range of perspectives With an emphasis on counseling clients from diverse cultural backgrounds each chapter focuses on strategies for working with varied populations with an emphasis on intersectionality The authors consider many forms of diversity including race ethnicity immigration and country of origin along with age gender sexual orientation religion language and physical and cognitive abilities Purchase includes digital access for use on most mobile devices or computers Updates to the instructor s resources include an Instructor s Manual Power Points and a new test bank New to the Second Edition Includes a new chapter on Theoretical Integration of Approaches in Counseling New discussions on how to successfully use telehealth for interviewing and counseling Includes Hot off the Press boxes highlighting cutting edge research to inform strategies for counseling and professional development The entire text has been updated with the latest research and clinical references Key Features Includes an emphasis on multicultural competence and humility throughout the text and features a Spotlight on Culture focusing on specific cultural considerations in each chapter Provides a balanced integrated theoretical and practical approach to interviewing and counseling with a focus on skills development Discusses evidence based practice assessment diagnosis and when how to end treatment Teaches the fundamental skills of empathy active listening treatment planning and developing a strong therapeutic alliance with the client

#### **Standards and**

**Guidelines for the Psychotherapies** Paul M. Cameron, Jon Ennis, John Deadman, 1998-01-01 A comprehensive overview of the art and science of psychotherapy and a set of practice guidelines for psychiatrist developed from a report by the Joint Task Force on Standards and Guidelines for Medical Psychiatric Psychotherapy of the OPA and OMA

#### **The Paper Office**

**for the Digital Age, Fifth Edition** Edward L. Zuckerman, Keely Kolmes, 2016-11-21 Significantly revised and updated to include online and computerized aspects of private practice this essential manual has given many tens of thousands of clinicians the complete record keeping and risk reduction tools that every psychotherapy practice needs The book provides effective methods for obtaining informed consent planning treatment and documenting progress managing HIPAA compliance maintaining clinical and financial records communicating with clients and third party payers and reducing malpractice risk Drawing from the professional literature it features key guidance and easy to digest pointers about the

ethical legal and business aspects of practice With a large size format and lay flat binding for easy photocopying of the 53 reproducible forms and handouts the book includes a CD ROM that lets purchasers customize and print the reproducible materials New to This Edition Updated throughout to reflect today s greater use of electronic digital technologies in practice management Chapter on insurance and billing coping with managed care and Medicare Chapter on private practice marketing including Internet and social media dos and don ts Expanded topics HIPAA compliance ICD 10 responding to subpoenas and using online technologies for billing communication and record keeping Information about hundreds of websites dealing with all aspects of operating a practice See also Clinician s Thesaurus 7th Edition and Clinician s Electronic Thesaurus Version 7 0 by Edward L Zuckerman indispensable resources for conducting interviews and writing psychological reports

**Practicum and Internship** Christin M. Jungers, Judith Scott, 2019-05-21 Completely revised and updated the sixth edition of Practicum and Internship is a practical resource that provides students and supervisors with thorough coverage of all stages and aspects of the practicum and internship process New to this edition are Downloadable customizable online forms contracts and other materials Across the board updates that reflect 2016 CACREP standards Incorporation of contemporary research and literature that addresses recommended practices and ethical considerations regarding the use of technology in counseling New information on preparing students to run their first counseling and therapy groups A review of ethical standards and current perspectives on working with culturally diverse clients Current perspectives on managing self care during practicum and internship and beyond A thoughtful presentation of trauma informed approaches to counseling A revised final chapter including guidelines for preparing for licensure exams and for longevity in the profession With comprehensive information that spans across therapeutic approaches concerns and topics this remains an essential foundational text for counseling and psychotherapy students and their supervisors

## Decoding **Sample Psychotherapy Progress Notes**: Revealing the Captivating Potential of Verbal Expression

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