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- ☐ Withdrawn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

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

MEETING NOTES