PSYCHOTHERAPY

PROGRESS NOTE

PRINTABLE PAGE



PSYCHOTHERAPY PROGRESS NOTE

PRESENT: ☐ Client ☐ ☐

DATE: _ _/_ _/_ _
SESSION: ___

Medication(s) Status:

Mental Health CPT Codes	
90791	Initial Evaluation
90834	Indv Therapy (38-52 min)
90837	Indv Therapy (53+ min)
90847	Couple/Family Therapy
90846	Couple/Family Session without Client Present

Appearance
☐ APPROPRIATE DRESS
☐ APPROPRIATE GROOMED
☐ POORLY DRESSED
☐ POORLY GROOMED
☐ DISHEVELED
Behaviors
☐ APPROPRIATE
☐ POOR EYE CONTACT
☐ DISTANT
☐ HOSTILE
☐ INATTENTIVE
☐ ANXIOUS
Orientation
☐ PERSON
☐ PLACE
☐ TIME
☐ SITUATION
Mood
☐ DEPRESSION
☐ ANXIOUS
☐ IRRITABLE
☐ ANGRY
☐ ELATED
☐ EUTHIMIC
Affect
☐ APPROPRIATE
☐ DEPRESSED
☐ LABILE
☐ FLAT
☐ BLUNT
☐ EXPANSIVE
Insights
☐ EXCELLENT
☐ GOOD
☐ FAIR
☐ POOR
☐ IMPAIRED
☐ Other:
Thought Process
☐ WNL
☐ CIRCUMSTANTIAL
☐ TANGENTIAL
☐ LOOSE
☐ IDEA FLIGHT
☐ WORD SALAD
Thought Content
☐ WNL
☐ PREOCCUPATION
☐ DEREALIZATION
☐ DEPERSONALIZATION
☐ HALLUCINATIONS
☐ DELUSIONS
Judgment
☐ EXCELLENT
☐ GOOD
☐ FAIR
☐ POOR
☐ IMPAIRED
☐ Other:

GOAL(S)

INTERVENTION(S) USED

- ☐ ANGER MANAGEMENT
- ☐ ART THERAPY
- ☐ ATTACHMENT THERAPY
- ☐ BUILDING SUPPORT SYSTEM
- ☐ COGNITIVE RESTRUCTURING
- ☐ COMMUNICATION TRAINING
- ☐ DECISION CLARIFICATION
- ☐ DEVELOPING COPING STRATEGIES
- ☐ DREAMWORK
- ☐ HOMEWORK ASSIGNMENTS
- ☐ EXPLORATION OF FEELINGS
- ☐ GRIEF PROCESSING
- ☐ EMDR
- ☐ INVOLVING OF SIGNIFICANT OTHERS
- ☐ PSYCHOEDUCATION
- ☐ MINDFULNESS TRAINING
- ☐ MUSIC THERAPY
- ☐ PROBLEM-SOLVING SKILLS
- ☐ ROLEPLAY
- ☐ SOMATIC WORK
- ☐ SOLUTION-FOCUSED TECHNIQUES
- ☐ STRESS MANAGEMENT
- ☐ SUPPORTIVE REFLECTION
- ☐ PROVIDE REFERRALS:
- ☐ OTHER:

RESPONSE

Response to Tx
☐ ENGAGED
☐ RECEPTIVE
☐ UNINTERESTED
☐ COMBATIVE
☐ COOPERATIVE
☐ Other:

Patient Status
☐ IMPROVING
☐ UNCHANGED
☐ DETERIORATING
☐ Other:

PLAN

Signature:

SCHEDULED ON: _ _/_ _/_ _

GIRP NOTE

THERAPIST PAPERWORK

Case Note

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SESSION CONTENT

PLAN

Signature:

SCHEDULED ON: _ _/_ _/_ _

NARRATIVE NOTE