Psychotherapy Progress Note

Client:		Date:		Next Appt:	

Client Presentation	Interventions Used	
☐ Anxious	☐ Cognitive Restructuring	☐ Somatic Therapy
☐ Confused	☐ DBT	☐ Role Play
☐ Energetic	☐ Communication Training	☐ Psychoeducation
☐ Worried	☐ EMDR	☐ Exposure Therapy
☐ Fearful	☐ Assessment	☐ Problem-Solving Therapy
☐ Cooperative	☐ CBT	☐ Goal/Progress Review
☐ Withdrawn	☐ Client Centered Therapy	☐ Interpersonal Therapy
☐ Lethargic	☐ Exploration	☐ Mindfulness
☐ Relaxed	☐ Anger Management	☐ Stress Management
☐ Depressed	☐ Behavior Reinforcement	☐ Grief Counseling
Response to treatment	☐ Crisis Intervention	☐ Motivational Interviewing
☐ Cooperative	☐ Developed Coping Skills	☐ Trauma Therapy
☐ Uninterested	☐ Emotion-Focused Therapy	☐ Positive Psychology
☐ Receptive	☐ Build Rapport	☐ Social Skills Training
☐ Combative	☐ Boundary Setting	☐ Safety Planning
☐ Engaged	☐ Clinical Challenging	☐ Psychodynamic Therapy
☐ Other: _____	☐ ACT	☐ Reflective Listening

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

Client Status	Meeting Notes
☐ Improving	
☐ Unchanged	
☐ Regressed	
☐ Deteriorating	
☐ Other: _____	

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