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NOTES TEMPLATE

Psychotherapy PROGRESS NOTES

Client: Date: Next Appointment:

CLIENT PRESENTATION

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- ☐ Withdrawn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

RESPOSE TO TREATMENT

- ☐ Cooperative

INTERVENTIONS USED

- ☐ Cognitive Restructuring
- ☐ DBT
- ☐ Communication Training
- ☐ EMDR
- ☐ Assestment
- ☐ CBT
- ☐ Client Centered Therapy
- ☐ Exploration
- ☐ Anger Management
- ☐ Behavior Reifocement
- ☐ Crisis Intervention
- ☐ Developed Coping Skills
- ☐ Emotion-Focused Therapy
- ☐ Built rapport
- ☐ Somatic Therapy
- ☐ Role Play
- ☐ Psychoeducation
- ☐ Exposure Therapy
- ☐ Problem-Solving Therapy
- ☐ Goal/Progress Review
- ☐ Interpersonal Therapy
- ☐ Mindfulness
- ☐ Stress Management
- ☐ Grief Counselling
- ☐ Motivation Interviewing
- ☐ Trauma Therapy
- ☐ Positive Psychology
- ☐ Social Skills Training