

Date of Exam: 6/9/2016
Time of Exam: 3:38:08 PM

Patient Name: Little, Aimee
Patient Number: 1000010659748

Psychotherapy Progress Note

Mrs. Little seems to have had an inadequate response to treatment as yet. Symptoms of depression continue to be described. Her symptoms, as noted, are unchanged and they are just as frequent or intense as previously described. Mrs. Little describes feeling sad. Mrs. Little denies suicidal ideas or intentions. Mrs. Little's anxiety symptoms continue. Mrs. Little reports the symptoms of this disorder continue unchanged. The subjective feeling of apprehension is occurring. Hypervigilance is occurring more frequently.

BEHAVIOR:

Her self care is reduced and less attention is being paid to these tasks. She reports the feeling that the performance of domestic tasks has to be forced and are performed with difficulty. She is socially isolated. Sleep problems are reported. Difficulty staying asleep is reported.

CONTENT OF THERAPY:

The patient today spoke mainly about issues involving coping with depression. Problems in the family were also discussed by the patient. Mrs. Little shared the following pertinent details during this session: "I miss my husband terribly and wonder if I will ever get over this." Feelings of loss were also expressed. Feelings of grief were also expressed.

THERAPEUTIC INTERVENTION:

This session the therapeutic focus was on facilitating communication of feelings. Patient urged to ask for help and support from staff member or therapist when feeling depressed. Aimee will use session to deal with grief over loss as demonstrated by the expression of painful feelings along with associated affect. She was encouraged to ventilate. Ways to reduce stress were also discussed with the patient.

Diagnoses:

Adjustment disorder with depressed mood, F43.21 (ICD-10) (Active)
Generalized anxiety disorder, F41.1 (ICD-10) (Active)
Histrionic personality disorder, F60.4 (ICD-10) (Active)

Instructions / Recommendations / Plan:

The risks and benefits of outpatient therapy were explained to Mrs. Little. She was encouraged to join a grief support group held at her church.

Return 1 week, or earlier if needed.

Notes & Risk Factors:

Acute Grief: Death of husband 4/1/15

90834 Psychotherapy 45 min.

Sample Progress Notes For Individual Therapy

**Ginge Kettenbach, Sarah Lynn
Schlomer, Jill Fitzgerald**



Sample Progress Notes For Individual Therapy:

The Adult Psychotherapy Progress Notes Planner Arthur E. Jongsma, Jr., Katy Pastoor, David J. Berghuis, 2021-04-16 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-5 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 [The Addiction Progress Notes Planner](#) David J. Berghuis, Katy Pastoor, Arthur E. Jongsma, Jr., 2022-05-03 An invaluable practice resource for practitioners engaged in addictions treatment In The Addiction Progress Notes Planner Sixth Edition a team of distinguished mental health professionals delivers complete pre written session and patient presentation descriptions for every behavioral problem in the Addictions Treatment Planner Sixth Edition Each note can be simply and quickly adapted to fit a real world client need or treatment situation while remaining completely unified with the client's treatment plan This new edition offers new and revised evidence based objectives and interventions organized around 46 behavior based presentations including alcoholism nicotine dependence substance abuse problem gambling eating disorders and sexual addictions The resource also offers A wide array of treatment approaches that correspond to the behavioral problems and DSM V diagnostic categories included in

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The Clinical Documentation Sourcebook Donald E. Wiger,2010-02-02 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 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 *A Therapist's Guide to Writing in Psychotherapy* Michael D. Reiter,2023-06-29 This guide practically aids mental health

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The OTA's Guide to Writing SOAP Notes Sherry Borcharding, Marie J. Morreale, 2007 Written specifically for occupational therapy assistants The OTA s Guide to Writing SOAP Notes Second Edition is updated to include new features and information This valuable text contains the step by step instruction needed to learn the documentation required for reimbursement in occupational therapy With the current changes in healthcare proper documentation of client care is essential to meeting legal and ethical standards for reimbursement of services Written in an easy to read format this new edition by Sherry Borcharding and Marie J Morreale will continue to aid occupational therapy assistants in learning to write SOAP notes that will be reimbursable under Medicare Part B and managed care for different areas of clinical practice New Features in the Second Edition Incorporated throughout the text is the Occupational Therapy Practice Framework along with updated AOTA documents More examples of pediatrics hand therapy and mental health Updated and additional worksheets Review of grammar documentation mistakes Worksheets for deciphering physician orders as well as expanded worksheets for medical abbreviations Updated information on billing codes HIPAA management of health information medical records and electronic documentation Expanded information on the OT process for the OTA to fully understand documentation and the OTA s role in all stages of treatment including referral evaluation intervention plan and discharge Documentation of physical agent modalities With reorganized and shorter chapters The OTA s Guide to Writing SOAP Notes Second Edition is the essential text to providing instruction in writing SOAP notes specifically aimed at the OTA practitioner and student This exceptional edition offers both the necessary instruction and multiple opportunities to practice as skills are built on each other in a logical manner Templates are provided for beginning students to use in formatting SOAP notes and the task of documentation is broken down into small units to make learning easier A detachable summary sheet is included that can be pulled out and carried to clinical sites as a reminder of the necessary contents for a SOAP note Updated information expanded discussions and reorganized learning tools make The OTA s Guide to Writing SOAP Notes Second Edition a must have for all occupational therapy assistant students This text is the essential resource needed to master professional

documentation skills in today's healthcare environment

Recreational Therapy Assessment Thomas K. Skalko, Jerome F. Singleton, 2020 Recreational Therapy Assessment is an evidence based guide connecting the recreational therapy assessment process with the International Classification of Functioning Disability and Health ICF to help therapeutic recreation professionals classify individuals' functionality to better meet the needs of clients

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

Treatment Program Monograph Series National Institute on Drug Abuse, 1977

Language and Narratives in Counseling and Psychotherapy Scott T. Meier, 2012-03-05 Print CourseSmart

The SAGE Encyclopedia of Marriage, Family, and Couples Counseling Jon Carlson, Shannon B. Dermer, 2016-10-11 The SAGE Encyclopedia of Marriage Family and Couples Counseling is a new all encompassing landmark work for researchers seeking to broaden their knowledge of this vast and diffuse field Marriage and family counseling programs are established at institutions worldwide yet there is no current work focused specifically on family therapy While other works have discussed various methodologies cases niche aspects of the field and some broader views of counseling in general this authoritative Encyclopedia provides readers with a fully comprehensive and accessible reference to aid in understanding the full scope and diversity of theories approaches and techniques and how they address various life events within the unique dynamics of families couples and related interpersonal relationships Key topics include Assessment Communication Coping Diversity Interventions and Techniques Life Events Transitions Sexuality Work Life Issues and more Key features include More than 500 signed articles written by key figures in the field span four comprehensive volumes Front matter includes a Reader's Guide that groups related entries thematically Back matter includes a history of the development of the field a Resource Guide to key associations websites and journals a selected Bibliography of classic publications and a detailed Index All entries conclude with Further Readings and Cross References to related entries to aid the reader in their research journey

Internship

Training in Professional Psychology Richard Henry Dana, W. Theodore May, 1987 First published in 1987 Routledge is an imprint of Taylor Francis an informa company

Horticultural Therapy Methods Rebecca L. Haller, Christine L. Capra, 2025-04-29 Horticultural Therapy Methods Connecting People and Plants in Health Care Human Services and Therapeutic Programs was the first text to describe the processes and techniques used to provide horticultural therapy interventions and the rationale for their use The first edition was written to positively impact the professional practice of horticultural therapy and provide an array of strategies for horticultural therapy treatment Prior to its publication the topics had only been addressed by other allied professions but had not been specifically tailored for horticultural therapy The second edition updated the material added essential information on planning treatment sessions and provided techniques to address treatment issues for mental health physical health vocational skills and wellness This third edition revises all chapter content improves and expands appendices adds a chapter on building relationships provides new photos and includes additional case examples in addition to providing discussion questions references further reading and key concepts Horticultural Therapy Methods is a clear instructive manual that explains The process of treatment planning in horticultural therapy Session development including activity or task selections to meet treatment objectives Therapeutic use of self and relationship building Motivation and behavior management techniques Adaptations and modifications to enable and challenge program participants How to maximize active engagement in horticulture and cultivation of plants Treatment documentation guidelines Practical approaches for mental health and other areas of practice Horticultural Therapy Methods Connecting People and Plants in Health Care Human Services and Therapeutic Programs Third Edition is a reference and guide for students educators and those using horticulture for therapeutic purposes to help construct effective treatment programs Health care and human service professionals can use this reference in the therapy treatment and education of inmates residents patients trainees students and others The aim of this book is to guide novice and experienced horticultural therapists to use accepted human service practices that are aligned with allied professions

Clinical Documentation with Children and Adolescents Amy Marschall, 2023-08-29 This book addresses the unique challenges therapists face when documenting their clinical work with children providing insight into what ethical appropriate and culturally competent practice looks like Clinical documentation is vital for ethical and legal practice and good documentation helps clinicians leave room for client centered and age appropriate interventions such as play therapy Beginning with an overview of the important considerations unique to providers working with children Amy Marschall offers guidance on all aspects of clinical documentation such as intakes treatment plans mental status examinations progress notes safety plans and more Each chapter includes specific examples of clinical situations with guidance on how to document these situations effectively With chapters on client confidentiality and telehealth as well as special attention being paid to cultural awareness including race ethnicity gender sexual orientation and socioeconomic status this book includes blank templates of treatment plans progress

notes and risk assessments for therapists to use in their practice This book is essential for any mental health professional who works with children in both individual and family work including psychologists licensed clinical social workers licensed professional counselors mental health counselors marriage and family therapists play therapists school counselors and therapist interns

The Economics of Therapy Daniel Thomas,Vicky Abad,2017-04-21 Arts therapy training does not generally cover building a professional practice even though business skills are essential for success in the field This book provides the economic fundamentals along with business strategies to develop an effective arts therapy practice that is profitable while affording ethical care to those who need it most

Writing Patient/Client Notes Ginge Kettenbach,Sarah Lynn Schlomer,Jill Fitzgerald,2016-05-11 Develop all of the skills you need to write clear concise and defensible patient client care notes using a variety of tools including SOAP notes This is the ideal resource for any health care professional needing to learn or improve their skills with simple straight forward explanations of the hows and whys of documentation It also keeps pace with the changes in Physical Therapy practice today emphasizing the Patient Client Management and WHO s ICF model

Group Treatment of Neurogenic Communication Disorders: the Expert Clinician's Approach, Second Edition Roberta J. Elman,2006-11 This book is the definitive reference guide to clinical models as well as specific clinical techniques for providing client centered group treatment for aphasia and other neurogenic communication disorders It provides a wealth of insight and global perspective in the provision of care in aphasia and related conditions for students clinicians and professionals in other health related disciplines Key Features The book is designed for day to day use for busy practitioners Expert clinicians are the authors of each of the chapters giving the reader authoritative guidance Each chapter follows the same basic outline for quick and accessible reference Tables charts and summaries enhance the text

Documentation for Rehabilitation- E-Book Lori Quinn,James Gordon,2009-12-18 Four NEW chapters address additional aspects of documentation that rehabilitation professionals will encounter in practice Legal aspects of documentation Documentation in pediatrics Payment policy and coding Computerized documentation

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