

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 Therapy Notes For Depression

**Julian A. Rubel, Wolfgang Lutz**



## **Sample Therapy Notes For Depression:**

Readings in Health Care Ethics - Second Edition Elisabeth (Boetzkes) Gedge, Wilfrid J. Waluchow, 2012-03-14 Readings in Health Care Ethics provides a wide ranging selection of important and engaging contributions to the field of health care ethics The second edition adds a chapter on health care in Canada and the introduction has been expanded to include discussion of a new direction in feminist naturalized ethics The book presupposes no prior knowledge only an interest in the bioethical issues that are shaping our world

**Maltreatment in Early Childhood** Robin Vanderlaan, Kathleen Coulborn Faller, 2021-02-25 Detect and put a stop to child abuse For mental health professionals social workers legal professionals and policy makers Maltreatment in Early Childhood Tools for Research Based Intervention examines strategies and ideas for professional training in child protection in the United States Derived from presentations at the San Diego Conference Responding to Child Maltreatment this book addresses current assessment issues the intersection of child maltreatment and other social problems the history of child protection and the intricacies of courtroom testimonies and provides guidance for case management Through insight into research and case studies Maltreatment in Early Childhood explores effective approaches to child friendly services multivictim cases therapy and victim recantation to help you assist sexually abused children or children who have witnessed domestic abuse Addressing a variety of challenges that face all those involved with youth in need of assistance due to abuse this informative book examines why children of different racial identities may display different secret keeping behavior and presents a variety of approaches that encourage clients to talk about their situation Maltreatment in Early Childhood explores child abuse from a historical and political context and discusses key issues relating to all facets of this social problem including understanding the pros and cons of asking children to recall their experiences through specific types of questions such as invitational questions and less preferred questions which may or may not reveal true answers deciding if the Validity Checklist the second part of the Analysis procedure is able to determine truthfulness of allegations in child sexual abuse cases testing the efficacy of the model designed at the National Children's Advocacy Center NCAC which may be used to validate abuse and determine if children's statements are accurate overcoming difficulties in the child protection system including the probability of multiple interviews and potential contamination of children's narratives by a variety of sources to produce fair evaluations and successful prosecutions With tables and charts that will help you easily explore research findings Maltreatment in Early Childhood provides you with the information you need in order to determine the truth of children's statements how to present statements in court and how to affect changes that will protect and assist victims of childhood sexual abuse

**Handbook of Group Counseling and Psychotherapy** Janice L. DeLucia-Waack, 2004 The Handbook of Group Counseling and Psychotherapy is a comprehensive reference guide for group practitioners and researchers alike Each chapter reviews the literature and current research as well as suggestions for practice in the psycho educational arena counselling and therapy groups The Handbook encourages the notion that the

field is improved through increased collaboration between researchers and practitioners Through a review of cutting edge research and practice the Handbook includes 48 articles by renowned experts in group work the history and theory of group work topics across the lifespan an entire section on multicultural issues a variety of clinical problems and settings appendices include the Association for Specialists in Group Work Training Standards Best Practice Standards and Principles for Diversity Competent Group Workers The Handbook is divided into seven sections Current and Historical Perspectives on the Field of Group Counselling and Psychotherapy reviews and analyzes the many contributions and contributors that have made group counselling and psychotherapy a vital and potent treatment method The chapter outlines review articles spanning four decades and outlines the evolution of group themes over the last 100 years Best Practices in Group Counselling and Psychotherapy uses research theory and group counseling experience to provide group leaders and researches with the most current and best practices in conducting group counseling and psychotherapy Multicultural Groups follows the ASGW Principles for Diversity Competent Group Workers and is intended to provide group leaders with essential information about different cultural groups and their world views perceptions of groups naturalistic healing methods suggested group interventions and implications for groups Chapters cover Native Americans Latinos Asians and African Americans disabled persons and gender and sexuality Groups Across Settings includes examples of psycho educational counseling and psychotherapy groups in a variety of settings This section presents readers with theoretical and empirical support for group work in such settings as the Veterans Administration system university counselling centers and more Groups Across the Lifespan consist of chapters across many age groups For children and adolescents cognitive and developmental issues are addressed For adults socialization and interpersonal issues are addressed including separate chapters for male and female groups Finally a chapter on the elderly deals with cognitive health and life review issues Special Topics Groups presents a continuum of different types of groups used to treat people with interpersonal and developmental issues such as grief substance abuse depression and others Each chapter in this section provides definitions and descriptions of the issues along with theoretical and empirical support Finally Critical Issues and Emerging Topics attempts to reflect the zeitgeist and provide a glimpse into group interventions for the future Emerging issues such as online groups prevention groups and peer led mutual help groups receive careful attention and analysis The Handbook of Group Counseling and Psychotherapy the first reference devoted to this emerging and rapidly growing field is essential for academics researchers professionals and librarians serving the group therapy community There is no similar reference available and it will prove a landmark volume for years to come

Contemporary Case Studies in Clinical Mental Health for Children and Adolescents Jennifer N. Baggerly, Athena A. Drewes, 2024-01-05 Practicing counselors psychologists social workers and graduate students emerging into mental health professions are often faced with complex cases that do not conform neatly to theoretical textbooks It can be difficult to overcome the communication barrier and correctly interpret the awkward or shocking things children and

adolescents may say in a therapeutic setting Contemporary Case Studies in Clinical Mental Health for Children and Adolescents is a versatile case based practical treatment guide for child and adolescent therapy that provides current real world clinical examples undergirded by a theoretical approach This resource provides both a succinct discussion of diagnoses and theories as well as in depth step by step treatment guidance through contemporary case studies of diverse children and adolescents to apply and challenge typical textbook definitions Editors Baggerly and Drewes further address the dramatic changes in contemporary issues from the COVID pandemic race related events and political unrest to technological innovation and how these events might impact these demographics in a therapeutic context Mental health professionals will find this resource a handy modern guide and reference to better support diverse children and adolescents in their practice

*Treatment-Resistant Mood Disorders* Jay D. Amsterdam, Mady Hornig, Andrew A. Nierenberg, 2001-06-28 This timely book assesses all aspects of treatment resistant depression and will be invaluable to professionals

**The Counseling Practicum and Internship Manual** Shannon Hodges, 2010-08-03 For many counseling students the first experience with a counseling practicum or internship can be daunting With this manual students in practicum and internship settings receive the orientation and guidance they need to successfully navigate field placement In this book author Shannon Hodges shares over 16 years of expertise in counseling and clinical training He discusses everything students need to know to fully understand all aspects of the practicum internship process The book provides detailed guidelines to selecting and applying for an appropriate practicum internship performing responsibly on the job maintaining ethical standards and much more The manual comprehensively covers practicum internships in all settings including rehabilitation school mental health addictions and marriage and family counseling With this book students will learn how to Select apply to and interview for the internship practicum Use the practicum internship as a means to land a job Create a professional identity and demeanor Navigate ethical legal and professional issues Comply with HIPA the Health Insurance Portability and Accountability Act Use various new leading technologies in counseling Write clinical case notes and develop treatment plans Set clear boundaries with clients and deal with difficult colleagues

**Treating Depression** Adrian Wells, Peter Fisher, 2015-11-04 A practical and conceptual guide to treating depression using both Beckian CBT and the latest cutting edge third wave CBT approaches including mindfulness and metacognitive therapy It provides an understanding of depression and its treatment and a clear practical guidance on how to use each treatment approach Covers CBT metacognitive therapy and third wave behavioural approaches within one volume Presents the theoretical background and evidence for each approach and describes application in a clear case study approach which clearly outlines the contrasting features of the treatments Includes separate chapter commentaries on the theory and clinical material covered Internationally renowned contributors include Arthur Nezu David A Clark Robert Zettle Keith Dobson Ruth Baer Adrian Wells and Robert Leahy

*International Handbook of Cognitive and Behavioural Treatments for Psychological Disorders* V.E. Caballo, 1998-11-27 This handbook shows the wide perspective

cognitive behavioural treatment can offer to health professionals the vast majority of whom now recognize that cognitive behavioural procedures are very useful in treating many mental disorders even if certain disciplines continue to favour other kinds of treatment This book offers a wide range of structured programmes for the treatment of various psychological psychiatric disorders as classified by the DSM IV The layout will be familiar to the majority of health professionals in the description of mental disorders and their later treatment It is divided into seven sections covering anxiety disorders sexual disorders dissociative somatoform impulse control disorders emotional disorders and psychotic and organic disorders Throughout the twenty three chapters this book offers the health professional a structured guide with which to start tackling a whole series of mental disorders and offers pointers as to where to find more detailed information The programmes outlined should it is hoped prove more effective than previous approaches with lower economic costs and time investment for the patient and therapist

**An Introduction to Art Therapy Research** Lynn Kapitan, 2011-01-11 This book fulfills the need for a pragmatic text that is grounded in art therapy research literature and surrounding contexts providing guidance to students and practitioners in research design via a broad survey of appropriate questions methods and ethical values

**Chemical Dependency Counseling** Robert R. Perkinson, 2016-08-11 The best selling Chemical Dependency Counseling A Practical Guide provides counselors and front line mental health professionals with the information and skills they need to use evidence based treatments including motivational enhancement cognitive behavioral therapy skills training medication and 12 step facilitation Guiding the counselor step by step through treatment author Robert R Perkinson presents state of the art tools forms and tests necessary for client success while meeting the highest standards demanded by accrediting bodies The Fifth Edition of this landmark text has been updated to include coverage of current topics of concern for counselors including full compliance with DSM 5 new coverage of steps 6 12 in 12 step facilitation discussions on synthetic and designer drugs new psychotherapeutic medications new survey data on patterns of use and abuse a list of online recovery support groups for clients and a new section on Recommendations for a Successful First Year in Recovery About the Author Robert R Perkinson is the clinical director of Keystone Treatment Center in Canton South Dakota He is a licensed psychologist licensed marriage internationally certified alcohol and drug counselor and a nationally certified gambling counselor and supervisor In addition to the best selling Chemical Dependency Counseling A Practical Guide Fifth Edition Dr Perkinson is the author of The Alcoholism and Drug Abuse Client Workbook Third Edition and The Gambling Addiction Client Workbook Third Edition

**Feedback Informed Psychological Therapy** Julian A. Rubel, Wolfgang Lutz, 2025-06-18 This book is a clinical guide to using routine outcome monitoring and feedback to prevent and address patient deterioration over the course of treatment It examines the benefits of monitoring patients progress and providing feedback to practitioners a a low cost simple intervention that improves care and reduces the number of treatment failures Progress feedback uses standardized measures to routinely evaluate treatment progress regularly throughout treatment and helps the practitioner decide whether

adaptations in the treatment approach are necessary Chapters include case materials and detailed descriptions of how to use different feedback systems in clinical practice This enhances practitioner judgment regarding which system is the most appropriate for each individual case This invaluable guide provides practitioners with ways to address treatment non response and intervene in time before a failing situation becomes treatment failure *A Therapist's Guide to Writing in Psychotherapy* Michael D. Reiter, 2023-06-29 This guide practically aids mental health professionals in understanding and improving their therapeutic and academic writing demonstrating how the written word is an invaluable tool to document assess and promote change with those in and outside the therapy room Exploring the various ways writing occurs in psychotherapy professions Michael D Reiter comprehensively covers the range of the written word from progress notes and assessment documentation to journaling and therapeutic letters as well as contacting larger systems such as report writing and grant applications Chapters are formatted to include the purpose and function of a particular type of writing before providing multiple examples so therapists can apply this in their own practice This book aims to help all therapists regardless of academic training or therapeutic modality to incorporate these ideas into their work This book is designed for mental health professionals in a variety of settings including counselors therapists social workers family therapists and clinical psychologists This book is useful for graduate students as well as those already in practice *Clinical Psychology: Revisiting the Classic Studies* Graham C.L. Davey, 2019-07-01 Clinical Psychology Revisiting the Classic Studies traces 14 ground breaking studies by researchers such as Leo Kanner David T Lykken and Aaron T Beck to re examine and reflect on their findings and engage in a lively discussion of the subsequent work that they have inspired Revisiting the Classic Studies is a series of texts that introduces readers to the studies in psychology that changed the way we think about core topics in the discipline today It provokes students to ask more interesting and challenging questions about the field by encouraging a deeper level of engagement both with the details of the studies themselves and with the nature of their contribution Written by researchers at the cutting edge of these developments the chapters in each text provide details of the original works as well as their theoretical and empirical impact **Introduction to Art Therapy Research** Lynn Kapitan, 2017-08-15 Since the initial publication of Introduction to Art Therapy Research interest in this field has grown dramatically along with public policy demands for an up to date culturally relevant evidence base on which to practice This revised and expanded edition pays particular attention to the field's unique and compelling questions most current literature and emerging trends in research while guiding readers through the basics of qualitative quantitative and art based research design Written by a prominent figure in the world of art therapy this pragmatic text is organized into three parts Part I provides an overview of the basic steps in conceptualizing an art therapy research study with an emphasis on perspectives that are intrinsic to art therapy Chapters in Part II cover an inclusive methodological framework from quantitative and outcomes research to qualitative practitioner based field research critical participatory orientations phenomenological and narrative approaches

and the growing influence of art based research in art therapy Part III offers up to date ethical guidelines and valuable tools for understanding and evaluating research reports as well as practical guidance for publication in scholarly journals based on the author s long experience as the editor of the field s leading scholarly publication Also included are added coverage on cross cultural research as well as high quality examples from published peer reviewed art therapy research studies that illustrate material throughout the text

**Medication Therapy Management, Second Edition** Karen Lynn Whalen, 2018-04-05 Publisher s Note Products purchased from Third Party sellers are not guaranteed by the publisher for quality authenticity or access to any online entitlements included with the product Discover the medication therapy management solution with this definitive up to date sourcebook The need to improve the use of medications has major implications for the nation s healthcare system Burdened by high costs and an ineffective process of providing medication therapy the current prescription drug environment poses considerable risks to patient safety Medication therapy management MTM is designed to address these deficiencies and this essential text gives pharmacists all the right MTM tools to identify and eliminate drug related problems that can cause potentially severe adverse events Medication Therapy Management delivers the most relevant insights into MTM a vital service that is gaining momentum due to the rapid growth of patient centered care healthcare information technology new practice models e g Patient Centered Medical Home and new payment methods Cohesively organized this expert authored guide begins with an introduction to data sets for MTM covering essential topics such as establishing quality and performance improvement the payer perspective conducting the comprehensive medication review and reimbursement The second part of Medication Therapy Management reviews MTM data sets for a wide spectrum of disorders from asthma and atrial fibrillation to HIV and heart disease Enhanced by the latest perspectives on therapeutics including completely up to date tables throughout Medication Therapy Management is a practical skill building roadmap for optimizing drug therapy and enhancing patient outcomes Features Everything you need to provide successful MTM services and empower patients to take an active role in their medication and overall healthcare Turnkey disease based data sets help you apply proven MTM principles to common disorders Helpful appendices cover therapy management characteristics and answers to key questions the MTM practice model and training survey and the Medicare Part D MTM program standardized format

**Treatment Plans and Interventions for Depression and Anxiety Disorders** Robert L. Leahy, Stephen J. Holland, Lata K. McGinn, 2011-10-26 \_This widely used book is packed with indispensable tools for treating the most common clinical problems encountered in outpatient mental health practice Chapters provide basic information on depression and the six major anxiety disorders step by step instructions for evidence based assessment and intervention illustrative case examples and practical guidance for writing reports and dealing with third party payers In a convenient large size format the book features 125 reproducible client handouts homework sheets and therapist forms for assessment and record keeping The included CD ROM enables clinicians to rapidly generate



individualized treatment plans print extra copies of the forms and find information on frequently prescribed medications

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**The Social and Interpersonal Origins of Depression Today** Jeremy Clarke, Paul Cundy, Jessica Yakeley, 2020-06-29 Originally published as a special issue of Psychoanalytic Psychotherapy this collection was timed to coincide with the publication of the new NICE guideline for the treatment of depression which will shape the context of NHS talking therapy services for the next decade In 2005 Professor Lord Layard demonstrated for the first time that mental health should matter to the UK Treasury Layard showed that the cost of untreated depression was huge due to welfare spending on invalidity benefits and that this was a social problem rising across the OECD but more so in the UK NICE had already published a clinical guideline recommending several talking therapies that were cost effective Why could no one still get them In 2007 under New Labour the world's first universal free at the point of need service was launched to remedy this IAPT Improving Access to Psychological Therapies Thus began a race against depression predicted by the World Health Organisation to become the leading cause of disability worldwide by 2020 But on the eve of NICE's new guideline for depression due in 2021 it is now clear that across large parts of the UK we are set to lose this race Badly Why What went wrong Clarke Cundy and Yakeley have brought together a group of researchers and experts in this collection who address some of the fundamental flaws in the policy design for IAPT By drawing attention to neglected social and interpersonal origins of depression pointing us towards more effective approaches and seeking to pinpoint some of the gaps in thinking during IAPT's first decade this book offers alternative answers to what still remains Britain's biggest social problem

Treatment for Chronic Depression James P. McCullough, Jr., 2003-08-27 This volume describes the Cognitive Behavioral Analysis System of Psychotherapy CBASP a research based approach designed to motivate chronically depressed patients to change and to help them develop needed problem solving and relationship skills Presenting clear step by step guidelines for implementing CBASP along with compelling empirical evidence that supports its efficacy the book is filled with illustrative case material that brings challenging clinical situations to life Also covered are ways to measure treatment outcomes and

recommended procedures for training and supervision      *Rehabilitation - lessons learned from RI world congress 2021 - moving societies* Claus Vinther Nielsen, Jan Johansen, Reuben Escorpizo, Jerome Edmond Bickenbach, 2022-12-29

## Enjoying the Track of Expression: An Psychological Symphony within **Sample Therapy Notes For Depression**

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