

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.

Mental Health Progress Note Documentation Sample

David W. Springer, Albert R. Roberts



Mental Health Progress Note Documentation Sample:

Mental Health and Psychiatric Nursing Janet L. Davies, Ellen Hastings Janosik, 1991 *Basic Concepts of Psychiatric-mental Health Nursing* Louise Rebraca Shives, 2007 This seventh edition includes new chapters and maintains popular features from previous editions such as self awareness prompts while adding research boxes and student worksheets at the end of each chapter **Handbook of Correctional Mental Health** Charles L. Scott, 2009-10-06 Clinicians who work on the frontlines of correctional mental health know that the challenges are only increasing Not only is the proportion of inmates with mental disorders growing at a rate that exceeds that of the correctional population as a whole but this group is expanding at both ends of the aging continuum so that increasing numbers of both geriatric and juvenile offenders require assessment and treatment Changing patient demographics and evolving treatment modalities make it essential that psychiatrists psychologists social workers nurses and other professionals who serve the prison population have access to the most practical up to date and comprehensive resource **Handbook of Correctional Mental Health** now in an expanded second edition is that resource This book addresses key concepts to ensure that the reader meets the current standard of care for inmates through all phases of the criminal justice system In 20 state of the art chapters nationally recognized providers and correctional mental health experts address the most pressing issues facing clinicians Unique to this edition the **Handbook** Summarizes the literature regarding unique populations observed in a correctional environment thereby assisting the provider in tailoring treatment to various target populations Provides a clear overview of both malpractice law and the concept of deliberate indifference that aids the reader in understanding the legal requirements for providing care and minimizing risks of lawsuits Educates clinicians on how to differentiate feigned versus legitimate mental health symptoms and how to understand and interpret inmate motivations for psychiatric malingering Discusses important administrative aspects regarding documentation issues quality assurance and practicing under a consent decree Provides useful tables throughout the text with key summary points emphasized Includes five new clinically focused chapters on the assessment and treatment of inmates with substance use disorders geriatric offenders juvenile offenders inmates with self injurious behaviors offenders who have experienced various traumas during their lives and inmates housed on maximum security units and death row Other titles in the field are either out of date or limited in scope By contrast this new edition of **Handbook of Correctional Mental Health** includes everything mental health professionals need to provide the highest standard of care to this growing and complex patient population **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

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A Sourcebook for Mental Health Measures, Incorporating the Final Report on "A Taxonomy of Data-collecting Devices" Andrew Laurence Comrey, Thomas E. Backer, Edward Maynard Glaser, 1973 This work was created to help researchers in the mental health field to access mental health measures that were previously mainly inaccessible and to help reduce the costs of duplicative efforts to create mental health measures that had already been created

Principles and Practice of Psychiatric Nursing Gail Wiscarz Stuart, Sandra J. Sundeen, 1987 Principles and Practice of Psychiatric Nursing 8th Edition provides comprehensive coverage of psychiatric nursing Beginning with fundamental coverage of all key psychiatric nursing principles it goes on to address the complete continuum of care including mental health promotion and illness prevention crisis intervention and psychiatric rehabilitation and recovery The book then applies psychiatric nursing principles to specific clinical disorders based on adaptive maladaptive coping responses the six step nursing process and DSM IV TR and NANDA diagnoses Subsequent chapters describe various modalities of treatment psychopharmacology somatic therapies cognitive and behavioral therapies managing aggressive behavior and more hospital based and community based care and treatment of special populations

Nursing Administration Manual Howard S. Rowland, 1991

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Psychiatric Services ,2000

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