

# Progress Notes for Mental Health Counselors Template

## Client Information

John

Doe

12/22/1990

First Name

Last Name

Date of Birth

Date/Time	Progress Note
10/04/2022 9:00 - 9:45am	John reported his feelings of anxiety have reduced in intensity, although he still feels "somewhat anxious pretty much all the time". Spent the session discussing anxiety coping mechanisms including how John can practice replacing anxiety triggers with calming thoughts. John presented neatly and was well groomed. He showed normal awareness of his presenting symptoms. No suicidal ideation present. Compliance with medication is good. Will continue with current treatment plan and weekly sessions.
10/11/2022 9:05 - 9:50am	Session focused on an event at work: John is struggling with feelings of low self-worth, saying he feels like he "isn't good at anything he does". Practiced replacing negative self-talk with positive self-talk. John's feelings of anxiety are associated with low self-esteem. Compliance with medication is good. Insight into anxiety is normal. John will focus on strengthening professional relationships with colleagues. Weekly sessions to continue.
10/18/2022 9:00 - 9:45am	John says he is "enjoying work a bit more". John attended a work event and said it made him feel "better about his relationships". John has demonstrated an improvement with his feelings of low self-esteem. Continue working on this area. John arrived to session promptly and was neatly dressed and well groomed. John's anxiety continues to decrease in intensity. Continue with current treatment plan.
10/25/2022 9:00 - 9:45am	John says he feels "better" but still can't "shake the anxiety feeling". Session focused on identifying causes of anxiety (apart from work). Anxiety may be associated with social relationships. John is struggling to find time to maintain his friendships. John will reach out to friends and organize a social event. Work anxiety has reduced significantly. John is showing improvement. Current treatment plan to continue.
11/01/2022 9:05 - 9:50am	John caught up with a friend and said he opened up about his work-related struggles, saying the conversation made him feel "so much better". John's anxiety at work continues to reduce. He practices replacing negative self-talk with positive self-talk and this appears to be improving his anxiety. Treatment plan will continue, but will reduce therapy sessions to once every fortnight. John will continue focusing on strengthening his relationships with friends, family members, and colleagues.
Counselor Name Dr Jane Example	
Counselor Signature 	

# Mental Health Counseling Progress Notes

**Patricia Csank Baldwin**



## **Mental Health Counseling Progress Notes:**

The Counselor's Steps for Progress Notes Rhonda Sutton, 2015-06-21 Dr Rhonda Sutton's second edition of the straightforward guide to progress notes includes additional examples information documentation and clinical language that expands on the utility and readability of the first book Additional case studies provide examples of how to use the STEPs to format notes New chapters include information on clinical language and documentation This book covers everything about progress notes from how to write them to how to store them and even what to do when someone requests to them In addition clinical terms and abbreviations are included as well as suggestions for other clinical documentation such as termination letters privacy statements and professional disclosure statements Suited for all types of mental health clinicians this book will help therapists improve upon their progress notes and other forms of clinical documentation

**The Adolescent Psychotherapy Progress Notes Planner** David J. Berghuis, L. Mark Peterson, William P. McInnis, Arthur E. Jongsma, Jr., 2014-03-17 Save hours of time consuming paperwork with the bestselling therapist's resource The Adolescent Psychotherapy Progress Notes Planner Fifth Edition contains more than 1 000 complete prewritten session and patient descriptions for each behavioral problem in The Adolescent Psychotherapy Treatment Planner Fifth Edition The prewritten notes can be easily and quickly adapted to fit a particular client need or treatment situation The Fifth Edition Provides an array of treatment approaches that correspond with the behavioral problems and new DSM 5 diagnostic categories in the corresponding companion Treatment Planner Organizes treatment for over 30 main presenting problems including conduct disorder chemical dependence low self esteem suicidal ideation ADHD sexual acting out and eating disorders Provides over 1 000 prewritten progress notes summarizing patient presentation and treatment delivered Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including The Joint Commission COA CARF and NCQA Saves clinicians hours of time consuming paperwork yet offers the freedom to develop customized progress notes Presents new and update information on the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA

*Note Designer* Patricia Csank Baldwin, 2023 This second edition of Note Designer provides step by step guidelines tips and instruction on how to create and write psychotherapy treatment notes and reports The book includes information and guidance on how to write intake reports treatment plans treatment progress notes for individual psychotherapy couples therapy and child and family therapy risk assessments and termination reports A number of sample notes reports and templates are provided The book also includes hundreds of representative statements for therapists to use in their own progress notes and reports A valuable resource for experienced mental health professionals and trainees alike

*Becoming a Mental Health Counselor* Adam M. Volungis, 2021-09-10 Becoming a Mental Health Counselor is a guide for students on the path to becoming licensed mental health therapists as well as those just starting their careers Filled with practical advice and tips this book guides the reader through early career milestones of psychotherapists including

professional identity development applying for jobs and obtaining licensure Volungis also discusses the reality of the profession emphasizing the importance of self care ethics personal identity and managing expectations The book concludes with an exploration of private practice and the next steps in the career ladder Ideally suited for professional development courses this volume helps students prepare for life outside of school It shows them how to transform the knowledge they ve gained into a successful career

The Child Psychotherapy Progress Notes Planner David J. Berghuis,L. Mark Peterson,William P. McInnis,Arthur E. Jongsma, Jr.,2014-06-16 Save hours of time consuming paperwork The Child Psychotherapy Progress Notes Planner Fifth Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in the Child Psychotherapy Treatment Planner Fifth Edition The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 35 main presenting problems from academic underachievement and obesity to ADHD anger control problems and autism spectrum disorders Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM 5 diagnostic categories in The Child Psychotherapy Treatment Planner Fifth Edition Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including CARF TJC and NCQA Presents new and updated information on the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA

**The Adolescent Psychotherapy Progress Notes Planner** David J. Berghuis,L. Mark Peterson,William P. McInnis,Arthur E. Jongsma, Jr.,2011-02-10 As with the previous edition The Adolescent Psychotherapy Progress Notes Planner Third Edition helps mental health practitioners reduce the amount of time spent on paperwork by providing a full menu of pre written progress notes that can be easily and quickly adapted to fit a particular patient need or treatment situation

*The Family Therapy Progress Notes Planner* David J. Berghuis,Arthur E. Jongsma, Jr.,2004-07-22 The Family Therapy Progress Notes Planner contains completeprewritten session and patient presentation descriptions for eachbehavioral problem in The Family Therapy Treatment Planner The prewritten progress notes can be easily and quickly adapted tofit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers thefreedom to develop customized progress notes Organized around 38 main presenting problems that range fromfamily business conflicts and inheritance disputes to alcoholabuse physical verbal psychological abuse and religious spiritualconflicts Features over 1 000 prewritten progress notes summarizingpatient presentation themes of session and treatmentdelivered Provides an array of treatment approaches that correspond withthe behavioral problems and DSM IV TR TM diagnostic categories inThe Family Therapy Treatment Planner Offers sample progress notes that conform to the requirementsof most third party payors and accrediting agencies including theJCAHO and the NCQA

The Family Therapy Progress Notes Planner Arthur E. Jongsma, Jr.,David J.

Berghuis,2010-07-06 The Bestselling treatment planning system for mental health professionals The Family Therapy Progress Notes Planner Second Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Family Therapy Treatment Planner Second Edition The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 40 behaviorally based presenting problems including family of origin interference depression in family members divorce financial conflict adolescent and parent hostility friction within blended families traumatic life events and dependency issues Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TRTM diagnostic categories in The Family Therapy Treatment Planner Second Edition Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Presents new and updated information on the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA *Clinical Mental Health Counseling* Lisa López Levers,Debra Hyatt-Burkhart,2019-09-09 This introductory textbook written specifically for graduate students in clinical mental health counseling programs is distinguished by a unique integrated system of care approach reflecting current trends in mental health treatment Designed to address the 2016 CACREP standards the book delivers an in depth examination of the professional knowledge skills and current issues in professional counseling that are essential to clinical practice The textbook emphasizes the elements of practice while providing students with ample case studies that enable them to integrate theoretical concepts with real world examples By distilling a wealth of knowledge from experts in the field the textbook looks at the history and contemporary issues of mental health counseling through the lens of a bioecological approach Engaging chapters focus on issues critical to mental health counseling including strength based approaches varied clinical practice settings professional issues self care and more Additionally the text presents dilemmas and pitfalls intrinsic to mental health practice Learning objectives case illustrations and abundant resources in each chapter reinforce the practical real world information upon which students can build throughout their education A robust Instructor's Manual and key PowerPoint slides also are provided Purchase includes access to the e book for use on most mobile devices or computers Key Features Offers unique integrated system of care and community based approaches integral to current trends Provides emphases on strength based and ecological perspectives of CMHC practice Includes real life examples and insights that facilitate the integration of theory and practice Describes dilemmas and pitfalls intrinsic to a variety of mental health practice topics Includes tips from the field and real world case illustrations to enhance clinical application Includes learning objectives in each chapter Reflects 2016 and 2009 CACREP standards that are highlighted in each chapter

**Introduction to Clinical Mental Health Counseling** Joshua C. Watson,Michael K. Schmit,2019-01-23 Introduction to

Clinical Mental Health Counseling presents a broad overview of the field of clinical mental health and provides students with the knowledge and skills to successfully put theory into practice in real world settings Drawing from their experience as clinicians authors Joshua C Watson and Michael K Schmit cover the foundations of clinical mental health counseling along with current issues trends and population specific considerations The text introduces students to emerging paradigms in the field such as mindfulness behavioral medicine neuroscience recovery oriented care provider care person centered treatment planning and holistic wellness while emphasizing the importance of selecting evidence based practices appropriate for specific clients issues and settings Aligned with 2016 CACREP Standards and offering practical activities and case examples the text will prepare future counselors for the realities of clinical practice      *The Severe and Persistent Mental Illness Progress Notes Planner* David J. Berghuis, Arthur E. Jongsma, Jr., 2008-07-10 The flexible format of *The Severe and Persistent Mental Illness Progress Notes Planner* 2nd Edition enables you to choose between evidence based and traditional best practice treatment approaches for your patients Fully revised to meet your needs as a mental health professional working in today's long term care facilities this time saving resource will save you hours of time consuming paperwork without sacrificing your ability to develop customized progress notes This guide is organized around 31 behaviorally based issues from employment problems and family conflicts to financial needs and homelessness to intimate relationship conflicts and social anxiety      *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-IV 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](http://www.wiley.com/practiceplanners).

**The Adult Psychotherapy Progress Notes Planner** David J. Berghuis, Arthur E. Jongsma, Jr., 2004-05-07. The Adult Psychotherapy Progress Notes Planner, Second Edition, contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Complete Adult Psychotherapy Treatment Planner, Third Edition. The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation. Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes. Organized around 42 main presenting problems including anger management, chemical dependence, depression, financial stress, low self-esteem, and Obsessive Compulsive Disorder (OCD). Features over 1,000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered. Provides an array of treatment approaches that correspond with the behavioral problems and DSM-IV-TR diagnostic categories in The Complete Adult Psychotherapy Treatment Planner, Third Edition. Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including the JCAHO and the NCQA.

**Documenting Psychotherapy** Mary E. Moline, George T. Williams, Kenneth M. Austin, 1998. This concise volume examines exactly what is involved in keeping adequate clinical records of individual, family, couple, and group psychotherapy. The authors discuss limits of confidentiality, retention and disposing of records, documentation of safety issues, client access to records, treatment of minors, and training and supervision issues. Throughout the book, legal cases, vignettes, and professional commentary help readers to consider legal and ethical issues.

**The Severe and Persistent Mental Illness Progress Notes Planner** David J. Berghuis, Arthur E. Jongsma, Jr., 2002-12-09. This timesaving resource features Progress notes components for 25 behaviorally based presenting problems that correlate with The Severe and Persistent Mental Illness Treatment Planner. Over 1,000 prewritten progress notes describing client presentation and interventions implemented. Prewritten progress notes that can be quickly adapted to fit a particular client need or treatment situation. The Severe and Persistent Mental Illness Progress Notes Planner contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Severe and Persistent Mental Illness Treatment Planner. The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation. Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes. Organized around 25 main presenting problems that range from antisocial behavior and eating disorders to anxiety, substance abuse, gambling, and others. Features over 1,000 prewritten progress notes summarizing patient presentation themes of session and treatment.

delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV diagnostic categories in The Severe and Persistent Mental Illness Treatment Planner Offers sample progress notes that conform to the requirements of most third party payers and accrediting agencies including the JCAHO and the NCQA *The Addiction Progress Notes Planner* Arthur E. Jongsma, Jr., David J. Berghuis, 2009-06-05 PracticePlanners The Bestselling treatment planning system for mental health professionals The Addiction Progress Notes Planner Third Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Addiction Treatment Planner Fourth Edition The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 44 behaviorally based presenting problems including depression gambling nicotine abuse dependence anxiety and eating disorders Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TRTM diagnostic categories in The Addiction Treatment Planner Fourth Edition Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Presents new and updated information on the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA **Health Information - E-Book** Mervat Abdelhak, Mary Alice Hanken, 2014-12-24 Uncover the latest information you need to know when entering the growing health information management job market with Health Information Management of a Strategic Resource 5th Edition Following the AHIMA standards for education for both two year HIT programs and four year HIA programs this new edition boasts dynamic state of the art coverage of health information management the deployment of information technology and the role of the HIM professional in the development of the electronic health record An easy to understand approach and expanded content on data analytics meaningful use and public health informatics content plus a handy companion website make it even easier for you to learn to manage and use healthcare data Did You Know boxes highlight interesting facts to enhance learning Self assessment quizzes test your learning and retention with answers available on the companion Evolve website Learning features include a chapter outline key words common abbreviations and learning objectives at the beginning of each chapter and references at the end Diverse examples of healthcare deliveries like long term care public health home health care and ambulatory care prepare you to work in a variety of settings Interactive student exercises on Evolve including a study guide and flash cards that can be used on smart phones Coverage of health information infrastructure and systems provides the foundational knowledge needed to effectively manage healthcare information Applied approach to Health Information Management and Health Informatics gives you problem solving opportunities to develop proficiency EXPANDED Data analytics meaningful use and public health informatics content prepares HIM professionals for new job responsibilities in



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**Psychotherapy Progress Notes Planner** David J. Berghuis, Arthur E. Jongsma, 2003-07-03 The Couples Psychotherapy Progress Notes Planner contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Couples Psychotherapy Treatment Planner The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 31 main presenting problems that range from alcohol abuse anxiety and dependency to eating disorders and depression stemming from relationship problems Features over 1 000 prewritten progress notes summarizing patient presentation themes of sessions and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TR diagnostic categories in The Couples Psychotherapy Treatment Planner Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including the JCAHO and the NCQA **Stress-Free Documentation for Mental Health**

**Therapists** Maelisa McCaffrey, 2024-10-22 **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 the Addiction Treatment Planner Sixth Edition Sample progress notes conforming to the requirements of most third party payors and accrediting agencies including CARF TJC COA and the NCQA Brand new chapters on Opioid Use Disorder Panic Agoraphobia and Vocational Stress The Addiction Progress Notes Planner is an indispensable practice aid for addictions counselors mental health counselors social workers psychologists psychiatrists and anyone else treating clients suffering from addictions

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