

Progress Note

Enter Therapist Name, Credentials Here

Enter Practice Name Here

1. Client and

Patient Name:
Session Date:
Service Code:
Participants:

2. Diagnosis

3. Topics/Issues

- ☐ Child / Youth
- ☐ Childhood
- ☐ Depression
- ☐ Grief & Loss
- ☐ Identity/Life
- ☐ Relationships
- ☐ Parenting
- ☐ Self-Esteem
- ☐ Substance
- ☐ Trauma
- ☐ Workplace
- ☐ Other

5. Notes

6. Assessments

- A. Mood:
- B. Affect:
- C. Mental Status:
- D. Suicide/Homicide Risk:

7. Plan

- A. Client Homework:
- B. Next appointment scheduled for:

Therapist's Signature:

Progress Note

Enter Practice Name Here

Enter Therapist Name, Credentials Here

1. Client and Session

Patient Name: _____ Date of Birth: _____
Session Date: _____ Session Time: ☐ AM ☐ PM Session Duration: _____ min
Service Code: _____ Session Type: ☐ In-Person ☐ Synchronous Video ☐ Phone Call
Participants: ☐ Individual ☐ Others Present: _____

2. Diagnosis

Code:

Description:

3. Topics/Issues Discussed

- ☐ Child / Youth Behavioral Issues
- ☐ Childhood / Family of Origin
- ☐ Depression/Anxiety
- ☐ Grief & Loss
- ☐ Identity/Life transition
- ☐ Relationship(s)/Marriage
- ☐ Parenting Issues
- ☐ Self-Esteem
- ☐ Substance Use
- ☐ Trauma
- ☐ Workplace Problem
- ☐ Other

4. Interventions

- ☐ Anger Management
- ☐ Build Rapport
- ☐ CBT/Behavior Modification
- ☐ Communication Skills
- ☐ Expression of Feelings
- ☐ Goal Planning/Orientation
- ☐ Increasing Coping Skills
- ☐ Processing
- ☐ Psycho-Education
- ☐ Review Progress/Treatment Plan
- ☐ Self-Care Skills
- ☐ Other

5. Notes

6. Assessments

A. Mood: ☐ Normal ☐ Anxious ☐ Angry ☐ Depressed ☐ Euphoric
B. Affect: ☐ Appropriate ☐ Blunted ☐ Incongruent ☐ Intense ☐ Reactive
C. Mental Status: ☐ Normal ☐ Concentration Difficulty ☐ Disoriented ☐ Memory Difficulty
Other: _____
D. Suicide/Homicide Risk: ☐ Yes ☐ No ☐ If Yes, Risk Assessment Completed

7. Plan

A. Client Homework: ☐ Yes: _____ ☐ No
B. Next appointment scheduled for: _____ at _____ ☐ AM ☐ PM

Therapist's Signature: _____

Date: _____

Oasas Guide For Progress Notes

Sharon Simson, Martha Straus



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