

# 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<br>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<br>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<br>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<br>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<br>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<br>Dr Jane Example  |  |
| Counselor Signature<br> |  |

# Mental Health Counseling Progress Notes

**David J. Berghuis, L. Mark  
Peterson, William P. McInnis, Arthur E.  
Jongsma, Jr.**

## **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 updated information on the role of evidence-based practice in progress notes writing and the special status of progress notes under HIPAA.

**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.

**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

**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

*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

**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 Mental Health Desk Reference** Elizabeth Reynolds Welfel,R. Elliott Ingersoll,2002-04-08 A practical easy to use and comprehensive reference for mental health professionals The Mental Health Desk Reference is the ultimate guide to effective and responsible mental health practice It provides authoritative concise and up to date information from more than seventy experts regarding diagnosis treatment and ethics of practice Each entry summarizes key constructs and terminology associated with the topic major findings from research and specific recommendations on theory and practice Important topics covered include Adjustment disorders and life stress Diagnosis and treatment of adults Diagnosis and treatment of children Crisis intervention Diverse populations Group and family interventions Practice management Professional issues Ethical and legal issues Professional resources These detailed readable entries based on the most extensive and reliable research available form a comprehensive straightforward and quick reference resource applicable to practitioners across every field in mental health The Mental Health Desk Reference is the single resource no mental health professional can afford to be without

*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 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 TM 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

**The Family Therapy Progress Notes Planner** Arthur E. Jongsma, Jr., David J. Berghuis, 2010-07-09 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 TR TM 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

The Addiction Progress Notes Planner David J. Berghuis, Katy Pastoor, Arthur E. Jongsma, Jr., 2022-03-29 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

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**The Psychotherapy Documentation Primer** Donald E. Wiger, 2020-11-04 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 Fourth Edition of The Psychotherapy Documentation Primer continues to reflect HIPAA and accreditation agency requirements as well as offer an abundance of examples Fully updated to include diagnostic criteria of the DSM 5 The Psychotherapy Documentation Primer 4th Edition is designed to teach documental skills for the course of psychotherapy from the initial interview to the discharge The documentation principles discussed in the text satisfy the often rigid requirements of third party insurance companies regulating agencies mental health licensing boards and federal HIPAA regulations More importantly it provides students and professionals with the empirical and succinct documentation techniques and skills that will allow them to provide clear evidence of the effects of mental health treatment while also reducing the amount of their time spent on paperwork The Addiction Progress Notes Planner David J.

Berghuis, 2005-08-11 The Addiction Progress Notes Planner contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Addiction 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 41 main presenting problems that range from opioid dependence to new chapters in this edition covering such co occurring disorders as chronic pain dangerousness lethality and self care deficits 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 Addiction 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 *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

**Wiley Concise Guides to Mental Health** Adam Cash,2006-09-01 The new quick reference for understanding Posttraumatic Stress Disorder The Wiley Concise Guides to Mental Health Posttraumatic Stress Disorder uses clear highly accessible language to comprehensively guide the reader through posttraumatic stress disorder PTSD and related issues This concise informative reference provides a complete overview of the history of the field diagnosis treatment research emerging trends and other critical information about PTSD Examining both theory and practice the text offers a multifaceted look at the disorder outlining biological cognitive psychosocial psychodynamic integrated and other relevant approaches Like all the books in the Wiley Concise Guides to Mental Health Series Posttraumatic Stress Disorder features a compact easy to use format that includes Vignettes and case illustrations A practical approach that emphasizes real life treatment over theory Resources for specific readers such as clinicians students or patients In addition to the fundamentals of treatment Posttraumatic Stress Disorder covers some of today s most important and cutting edge issues in the field such as war and terrorism PTSD in children adolescents and families professional and ethical issues and relevant positive psychological findings This straightforward resource is admirably suited for a wide variety of readers including students and practicing mental health professionals as well as first responders military personnel and other individuals that regularly deal with traumatic situations and their aftermath

**The Complete Adult Psychotherapy Treatment Planner** David J. Berghuis,L. Mark Peterson,Timothy J. Bruce,2014-01-28 A time saving resource fully revised to meet the changing needs of mental health professionals The Complete Adult Psychotherapy Treatment Planner Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions including anger control problems low self esteem phobias and social anxiety Organized around 43 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM 5 diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA

**The Parenting Skills Treatment Planner, with DSM-5 Updates** David J. Berghuis,Sarah Edison Knapp,2015-07-31 This timesaving resource features Treatment plan components for 31 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions A step by step guide to writing treatment plans that meet the requirements of most insurance companies and third party payors The Parenting Skills Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal



review agencies A critical tool for mental health professionals addressing today s complex family structures and the increased pressures on children and adolescents from school peers and the general culture Saves you hours of time consuming paperwork yet offers the freedom to develop customized treatment plans for parents and other caregivers Organized around 31 main presenting problems with a focus on giving parents the skills they need to effectively help their children navigate contemporary issues such as the trauma associated with divorce school pressures and sexual abuse Over 1 000 well crafted clear statements describe the behavioral manifestations of each relational problem long term goals short term objectives and clinically tested treatment options Easy to use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA JCAHO and NCQA     The Probation and Parole Treatment Planner, with DSM 5 Updates David J. Berghuis,Bradford Bogue,Anjali Nandi,2015-08-24 This timesaving resource features Treatment plan components for 30 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most insurance companies and third party payors The Probation and Parole Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal review agencies Saves you hours of time consuming paperwork yet offers the freedom to develop customized treatment plans for clients on parole or probation Organized around 30 main presenting problems from probation parole noncompliance and vocational deficits to violent aggressive behavior and childhood trauma abuse and neglect Over 1 000 well crafted clear statements describe the behavioral manifestations of each relational problem long term goals short term objectives and clinically tested treatment options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM 5™ diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA TJC and NCQA     The Personality Disorders Treatment Planner: Includes DSM-5 Updates Neil R. Bockian,Julia C. Smith,Arthur E. Jongsma, Jr.,2016-02-23 Approaching personality disorders with evidence based treatment plans The Personality Disorders Treatment Planner 2nd Edition is fully updated to meet the changing needs of the mental healthcare field A time saver for psychologists counselors social workers psychiatrists and other mental health professionals this new edition offers the tools you need to develop formal treatment plans that meet the demands of HMOs managed care companies third party payors and state and federal agencies Organized around twenty six presenting problems the easy to use format and over 1 000 prewritten symptom descriptions treatment goals objectives and interventions makes the task of developing an evidence based treatment plan more efficient than ever The treatment of mental health disorders is rapidly evolving and new evidence based protocols are being adopted by federal and state organizations You are now required to closely monitor patient progress and

you may feel pressure to stick to standardized care and reporting procedures however you can only do so if you have access to the latest in evidence based treatment plans Updated with new and revised evidence based Objectives and Interventions Integrated DSM 5 diagnostic labels and ICD 10 codes into the Diagnostic Suggestions section of each chapter Many more suggested homework assignments integrated into the Interventions An Appendix demonstrates the use of the personality disorders Proposed Dimensional System of DSM 5 Expanded and updated self help book list in the Bibliotherapy Appendix Revised expanded and updated Professional Reference Appendix New Recovery Model Appendix D listing Objectives and Interventions allowing the integration of a recovery model orientation into treatment plans

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