



SAMPLE CLINICAL DOCUMENTATION

Progress Note - Adult

Case Snapshot

Client: Reggie Mormon

Presenting Problem / Chief Complaint: Client reports persistent low mood, lack of motivation, and social withdrawal. "I feel like I'm losing friends because I just can't leave my apartment."

Context: Client has noticed worsening depressive symptoms over the past month, including decreased appetite, excessive sleep, and increased negative self-talk.

Info

Present at Session	<i>Client</i>
Service Provided	<i>Individual Therapy</i>
Location of Service	<i>Telehealth</i>
The client agreed for this visit to occur via telehealth. The client's full name and address of present location has been confirmed at the start of the session:	<input checked="" type="checkbox"/> <i>Yes – client at home</i> <input type="checkbox"/> <i>Yes – client in another location, which has been confirmed</i> <input type="checkbox"/> <i>No</i>
Client is appropriate for telehealth	<i>Yes</i>
Is the client presenting any risk factors that indicate further risk assessment is needed?	<i>No</i>

Measures

Baseline Scores (at intake)	<ul style="list-style-type: none">● <i>PHQ-9: 12 (mild-moderate depression)</i>● <i>GAD-7: 8 (mild anxiety)</i>
Current Scores (this session)	<ul style="list-style-type: none">● <i>PHQ-9: 16 (moderately severe depression - showing regression)</i>

	<ul style="list-style-type: none"> ● <i>GAD-7: 10 (moderate anxiety - slight increase)</i>
Dropdown / How measures were used in-session:	<ul style="list-style-type: none"> ● <i>Reviewed scores with the client</i> ● <i>Drew clinical insights from the data</i> ● <i>Made treatment adjustments based on measure results</i> ● <i>Discussed client's perception of progress and scores</i>
Additional detail on in-session use of measures:	<p><i>Reviewed PHQ-9 score of 16 with client and explored factors contributing to increased depressive symptoms, including recent family conflict. Adjusted session focus to emphasize ACT diffusion exercises to address negative self-talk driving depressive symptoms. Client noted that the higher PHQ-9 score did not match perceived ability to cope; discussed strategies to monitor and respond to worsening mood.</i></p>

Symptoms

Current Symptoms	<i>Appetite-decreased, Excessive sleep, Feeling hopeless, Lack of motivation Little interest or pleasure in doing things</i>
Area(s) of functional impairment	<i>Social/Relational, Activities of daily living</i>
How are symptoms specifically impacting clients functioning in this area?	<i>Client reports isolating more and "losing friends" due to difficulty leaving the apartment. Client often goes days without showering or brushing teeth due to lack of motivation and feelings of losing interest in daily activities.</i>
Focus of session/session summary	<i>Session centered on assessing and addressing depressive symptoms contributing to social withdrawal and functional decline. Therapist and client reviewed PHQ-9 results and discussed recent interpersonal stressors, particularly a conflict with a family member that triggered increased feelings of worthlessness. Using ACT-based interventions, therapist guided exploration of negative self-talk patterns maintaining depressive symptoms. Client practiced a cognitive diffusion exercise, identifying unhelpful beliefs. Therapist reinforced the importance of behavioral activation and small daily tasks to counter avoidance. Overall, the session focused on increasing psychological flexibility, enhancing self-awareness of cognitive patterns, and developing coping strategies aligned with client values.</i>

Treatment Approaches / Interventions

Treatment approaches used for this session (ie CBT, DBT, EMDR. etc)	<i>Acceptance & Commitment Therapy, Supportive therapy</i>
Specific Interventions	<i>Cognitive diffusion to reduce the impact of negative self-talk; assessed for risk factors—none reported</i>
Clients response to interventions	<i>Client actively engaged in diffusion exercise, stating the question “Is holding on to this thought/belief helpful?” was useful. Reported feeling “less stuck” after practice.</i>
Plan/homework for next session	<i>The client will monitor critical self-statements and practice the diffusion exercise over the next week. Review safety plan and crisis resources in case depressive symptoms or hopeless thinking increase.</i>
Progress towards treatment goals	<input type="checkbox"/> <i>No change since last visit</i> <input type="checkbox"/> <i>Some progress apparent</i> <input type="checkbox"/> <i>Significant Progress</i> <input type="checkbox"/> <i>Maintaining/stable</i> <input checked="" type="checkbox"/> <i>Some regression of progress</i> <input type="checkbox"/> <i>Significant regression of progress</i>

Diagnosis

Diagnosis	<i>F33.1 Major depressive disorder, Recurrent episode, Moderate</i>
Date of Service	<i>6/18/2024</i>
Session Start Time	<i>4:00pm</i>
Session End Time	<i>4:56pm</i>
Session Length / CPT	<input checked="" type="checkbox"/> <i>90837 - Psychotherapy, 53+ min</i>

****Be sure to review treatment plan if necessary before signing and submitting the note****

Signature

Provider Name	<i>Jane Example</i>
Date	<i>6/19/2024</i>
Time	<i>8:00am</i>
License Type	<i>LCSW</i>