



SAMPLE CLINICAL DOCUMENTATION

Progress Note - Couples

Case Snapshot

Clients: Primary Client and Partner

Presenting Problem / Chief Complaint: Primary client reports severe anxiety, withdrawal, and difficulty communicating with partner, which is contributing to relational conflict. “The more anxious I get, the more I isolate and we fight.”

Context: Anxiety symptoms include uncontrollable worry, anticipatory anxiety, muscle tension, and poor sleep. GAD-7 score of 18/21 indicates severe anxiety. Symptoms interfere with couple communication and shared problem-solving, creating ongoing tension.

Info

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| Present at Session | <i>Primary Client and Partner</i> |
| Service Provided | <i>Couple’s 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

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| Baseline Scores (at intake) | <ul style="list-style-type: none"> ● <i>GAD-7: 20 (severe anxiety)</i> ● <i>PHQ-9: 12 (moderate depression - secondary to anxiety/relationship stress)</i> |
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| Current Scores (this session) | <ul style="list-style-type: none"> ● <i>GAD-7: 18 (severe anxiety - showing improvement)</i> ● <i>PHQ-9: 10 (mild-moderate depression - showing improvement)</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: | <i>Reviewed primary client's GAD-7 score of 18/21 and discussed how severe anxiety was contributing to relational conflict. Adjusted session focus to DBT interpersonal effectiveness skills based on the high anxiety score. Explored connection between anxiety symptoms and communication patterns with partner, enhancing skill application during role-play and setting goals for in-home practice.</i> |

Symptoms

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| Current Symptoms | <i>Uncontrollable worry, anticipatory anxiety, withdrawal, muscle tension, poor sleep.</i> |
| Area(s) of functional impairment | <i>Social/Relational</i> |
| How are symptoms specifically impacting clients functioning in this area? | <i>Communication difficulties and heightened anxiety contribute to relational tension and conflicts. Partner reports increased frustration during arguments related to anxiety.</i> |
| Focus of session/session summary | <i>Session focused on improving couple communication using the DBT Interpersonal Effectiveness skill "GIVE" (Gentle approach, show Interest, Validate, Easy manner). Clients practiced the skill through a role-play of a recent argument, identifying ways to reduce conflict linked to the primary client's anxiety. Primary client's high GAD-7 score was reviewed, and discussion centered on how severe anxiety impacts communication patterns. Both partners engaged actively, demonstrated increased understanding of the skill, and reported that the exercise felt helpful and applicable to real-life interactions. Progress noted in insight and collaboration; continued work needed to generalize skills to daily communication. No safety concerns reported or observed.</i> |

Treatment

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| Treatment approaches used for this session <i>(ie CBT, DBT, EMDR. etc)</i> | <i>DBT, Supportive Psychotherapy</i> |
| Specific Interventions | <i>Taught and guided rehearsal of DBT Interpersonal Effectiveness skill "GIVE."</i> |
| Clients response to interventions | <i>Both primary client and partner actively engaged in role play and reported increased understanding and effectiveness of the skill. The client reported "I can see how this would be useful"</i> |
| Plan/homework for next session | <i>Practice "GIVE" skill daily for the next week, noting situations where it is applied successfully. Primary client will utilize current safety plan if anxiety symptoms intensify. Continue individual therapy with another provider as scheduled.</i> |
| Progress towards treatment goals | <input type="checkbox"/> <i>No change since last visit</i> <input checked="" type="checkbox"/> <i>Some progress apparent</i> <input type="checkbox"/> <i>Significant Progress</i> <input type="checkbox"/> <i>Maintaining/stable</i> <input type="checkbox"/> <i>Some regression of progress</i> <input type="checkbox"/> <i>Significant regression of progress</i> |

Diagnosis

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| Diagnosis <i>For couples/family, the diagnosis given should be for the primary client.</i> | <i>F41.1 Generalized Anxiety Disorder (Primary Client)</i> |
| Date of Service | <i>6/21/2024</i> |
| Session Start Time | <i>9:00am</i> |
| Session End Time | <i>9:58am</i> |
| Session Length / CPT | <input checked="" type="checkbox"/> <i>90847 - Couples/Family therapy with the patient 26+ min</i> |

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

Signature

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|----------------------|---------------------|
| Provider Name | <i>Jane Example</i> |
| Date | <i>6/21/2024</i> |

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|---------------------|---------------|
| Time | <i>3:00pm</i> |
| License Type | <i>LCSW</i> |