

# Progress Notes for Mental Health Counselors

Client information	
Name: Michael Johnson	Date of birth: 03/15/1992
Gender: Male	Date of session: 01/13/2025
Diagnosis (if applicable):	
F41.1 Generalized Anxiety Disorder	
Presenting problem:	Current mental status:
Client reports continued work-related stress and difficulty managing anxiety symptoms, particularly regarding upcoming project deadlines. Reports sleep disruption (averaging 5-6 hours per night) and persistent worry about job performance.	Alert and oriented x4. Appropriately groomed. Mood anxious, affect congruent. Speech clear and normal in rate/rhythm. Thought process logical and goal-directed. No evidence of suicidal/homicidal ideation. No psychotic symptoms. Good insight and judgment demonstrated.
Interventions used	Treatment plan goals and objectives
<ul style="list-style-type: none"><li>- Conducted CBT session focusing on identifying and challenging catastrophic thinking patterns</li><li>- Practiced progressive muscle relaxation technique</li><li>- Reviewed and refined stress management strategies for workplace situations</li></ul>	<ol style="list-style-type: none"><li>1. Reduce anxiety symptoms as measured by GAD-7 scale (Current score: 14) Progress: Client reports successfully using breathing techniques 3x last week</li><li>2. Improve sleep hygiene and quantity (Target: 7-8 hours/night) Progress: Sleep log shows slight improvement from previous week</li></ol>
Progress evaluation and risk assessment	Plan for next session
Client demonstrates moderate progress toward treatment goals. Reports increased use of coping strategies, though anxiety symptoms persist. No current risk factors identified. GAD-7 score decreased from 16 to 14, indicating modest improvement. Client maintains strong social support system and	<ul style="list-style-type: none"><li>- Continue CBT interventions with focus on work-related anxiety</li><li>- Review sleep hygiene practice and adjust as needed</li><li>- Introduce mindfulness techniques for workplace stress management</li></ul>
Observations and additional notes	
Client shows increased willingness to implement coping strategies and demonstrates good insight into anxiety triggers. Consider providing additional resources for workplace stress management. Client reports interest in possibly joining anxiety support group - provided information about Thursday evening group.	
Counselor's name: Kyle White, LMHC	Signature: Kyle White, LMHC

# Mental Health Counseling Progress Notes

**Terry C. Jones**



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