

Progress Notes for Mental Health Counselors Template

Client Information

John Doe
First Name Last Name 12/22/1990
Date of Birth

Date/Time	Progress Note
10/04/2022 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 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 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 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 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

Dr Jane Example

Counselor Signature

—



Mental Health Tech Progress Note

F Rizvi

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Mental Health Service System Reports ,1980 **Music Therapy in Mental Health for Illness Management and Recovery** Michael Silverman,2022 This purpose of this text is to describe the who what when where why and how of music therapy for illness management and recovery for adults with mental health conditions specific to clinical group based practice within the United States Other goals of this monograph include informing administrators of music therapy providing theory based approaches to music therapy in mental health settings educating music therapists about related literature outside the profession stimulating research and employment increasing access to services and influencing legislative policies Perhaps the most essential purpose of this text is to encourage both critical thinking and lifelong learning about issues ideas and concepts related to various intersections between mental health and music therapy Publisher **The National Mental**

Health Program, Progress Report National Institute of Mental Health (U.S.),1951 Monthly Catalog of United States Government Publications United States. Superintendent of Documents,1980 February issue includes Appendix entitled Directory of United States Government periodicals and subscription publications September issue includes List of depository libraries June and December issues include semiannual index *Monthly Catalogue, United States Public Documents* ,1986

International Journal of Mental Health ,1981 **Computers in mental health** ,1981 *Resources in education* ,1991 California Mental Health Research Digest ,1964 **Current Catalog** National Library of Medicine (U.S.),1970 Includes subject section name section and 1968 1970 technical reports **The American Journal of Psychiatry** ,1961

Social Psychiatry Vijoy K. Varma,1998 This book focuses on the interrelationship between social problems and mental illnesses International experts deal with the diverse facets of social psychiatry ranging from religious and philosophical issues to macro issues involving different countries and societies **Mental health digest** ,1969 Research Methodology and Potential in Community Health and Preventive Medicine Leonard M. Schuman,Abraham M. Lilienfeld,1963

Government Reports Announcements & Index ,1982 *By abbreviation* Leland G. Alkire,1988 *New Serial Titles, Classed Subject Arrangement* ,1971 **Government Reports Annual Index** ,1985 Sections 1 2 Keyword Index Section 3 Personal author index Section 4 Corporate author index Section 5 Contract grant number index NTIS order report number index 1 E Section 6 NTIS order report number index F Z **Legislative Research Checklist** ,1959 **Oxbridge** **Directory of Newsletters** ,1998

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