

This is a fictitious case. All names used in the document are fictitious

Recipient Information

Name: Jill Spratt

Medicaid Number: 12345678

Number of Group Members (GT only):

Family Members Present (FT only):

Provider Information

Name: Thumb Psychological Assoc.

Medicaid Number: 987654321

Therapist Name: Tom Thumb, Ph.D.,
Licensed Psychologist

Date of Service: 10-30-06

Begin & End Time: 3:00 p.m.–3:50 p.m.

Type of Service : Individual Therapy

90806

Service Setting: Office

Sample Progress Note

Patient report of recent symptoms/behaviors: (R/T DX & TX Plan)

Jill denied any suicidal ideation in the past week. She reported that she still feels sad most of the time. She got an “F” on another math test this week. She expressed frustration with math. She was tearful as she talked about feeling dumb and feeling like she will never understand it. However, she reported that when she got the “F” her father was more understanding, did not lecture her or ground her further.

Session Note: (include therapist clinical intervention & patient response)

This session focused on Treatment Plan Problem 1, Goals 2 (adding an extracurricular activity) and 4 (learn coping skills and emotional regulation). We discussed her recent participation in a church youth group service day at the Humane Society. This writer encouraged Jill to share some of her interests in order to identify additional activities she could become involved in. Jill’s affect brightened as she discussed playing basketball when she lived in Texas. Jill was encouraged to find out from her school what she would need to do to play basketball here. She is to report on this in the next session.

Most of this session focused on beginning to assess Jill’s abilities to label, modulate, appropriately express and cope with feelings. Jill was asked to brainstorm all the names of feelings she can. She listed 26 feelings. Jill then was asked to share times she had experienced the feelings. This activity assesses how aware Jill is of her feelings and works on being able to verbalize feelings to others. Jill indicated that she does not like to talk about her feelings. She was reluctant to talk about times she felt negative feelings, such as guilty, lonely, overwhelmed, disappointed and unloved. We explored why it is hard for her to share feelings. She indicated that it is hard for her to trust others and she doesn’t feel like people understand. We explored ways she currently uses to express feelings. Jill indicated that she likes to write, especially poetry.

Jill was given a handout listing 50 feeling names to help her learn to differentiate and accurately label feelings. She was given the homework assignment of writing a poem about any feeling she has this week and bringing it to her to the next individual therapy session.

Patient progress towards treatment plan goal(s):

Jill reported that her father responded in a more understanding way when she recently got another "F" on a math test (Problem 2, Goal 3).

Jill began to work on emotional regulation. (Problem 1, Goal 4). She can identify many of her feelings, but is reluctant to share negative feelings with others. This goal still needs quite a bit of work.

Name/Title Tom Thumb, Ph.D. (**Must be an original or electronic signature
Stamped Signatures are not acceptable**)

Date 10/30/06
(Completion)

SAMPLE