

Progress Note Sample

Patient information:

Patient Name: Morgan Jones

Session information:

Session #4

Date: 02/10/2022

State Time: 5:00 pm

End Time: 5:50 pm

CPT Code: 90834

Clinical:

Diagnosis: F43.10 Post Traumatic Stress Disorder

Subjective (patient report): “My brain feels stuck on a hamster wheel. Can’t stop worrying.”

Objective (factual account of what was observed, mental health status): Morgan arrived on time to session, but shared they need to end early. They were oriented to person, place, and time. Morgan was observed to be speaking more rapidly than usual and again was easily distracted by street noise. Mood and affect matched Morgan’s report of feeling anxious and stressed.

Assessment: Despite experiencing increased symptoms of anxiety, Morgan has stuck to their goals. Presentation to session today was more agitated than normal, and they needed external support to relax. Morgan denied the presence of suicidal or homicidal ideation.

Clinical intervention: Introduced diaphragmatic breathing. Practiced skill live, in session. Handout about the technique shared with Morgan to use between sessions.

Progress: Morgan has maintained the progress gained in the past month. They report consistent sleep has improved work performance, and less frustration in parenting the children. Morgan has become more forthcoming with therapist about fears and worries. Morgan is eager to learn and practice progressive relaxation techniques.

Plan: Morgan continues with weekly individual therapy sessions. In the next week, they will maintain the use of sleep routine at least 4 nights, complete daily sleep log, and practice diaphragmatic breathing at least one time.

Progress Note Sample 2

Patient information:

Patient Name: Morgan Jones

Session information:

Session #5

Date: 03/03/2022

State Time: 2:30 pm

End Time: 3:05 pm

CPT Code: 90832

Clinical:

Diagnosis: F43.10 Post Traumatic Stress Disorder

Subjective (patient report): “I’m so glad I came back to therapy. I need support.”

Objective (factual account of what was observed, mental health status): Morgan arrived at the video session on-time and oriented to person, place, and time. Morgan was engaged in the session, but was observed to be easily distracted by noises. Their reported mood and affect were congruent.

Assessment: Sleep difficulties showing small improvement and Morgan wants to move forward with using the new sleep routine more nights during the week. They recognize the sleep difficulties are worse on days with therapy sessions, which fits with content of therapy sessions being slightly triggering as therapist and Morgan address trauma-related symptoms. Morgan continues to deny the presence of suicidal or homicidal ideation. Morgan’s insight is high.

Clinical intervention: Introduced psychoeducation on the impact of trauma on the brain. Processed Morgan’s fear and worries about “going backward” and experiencing stress about how her current level of functioning is impacting her parenting.

Progress: Morgan continues to make progress with the goal of improving sleep hygiene. They displayed more comfort evidenced by less anxiety driven behavior when discussing current post traumatic symptoms. CQ results for the GAD-7 show no change in anxiety symptoms, but slight improvement with reports of daily functioning.

Plan: Morgan continues with weekly individual therapy sessions. In the next week, they will increase use of sleep routine from 3 to 4 nights and continue to complete daily sleep log.