

## SAMPLE MENTAL HEALTH PROGRESS NOTE

Date of Exam: 3/16/2012  
Time of Exam: 3:20:41 PM

Patient Name: Smith, Anna  
Patient Number: 1000010544165

Anna shows minimal treatment response as of today. Anna continues to exhibit symptoms of a generalized anxiety disorder. Symptoms continue the same in frequency and intensity, and no significant improvement is noted. Symptoms of this disorder occur more days than not. Sleep difficulty continues unchanged. Feelings of increased muscular tension **across neck and shoulders** continue unchanged. Anna describes feeling irritable. Continuing difficulty concentrating is described. Feelings of fatigue are described as continuing unchanged.

Medication has been taken regularly. She has to force herself to socialize with others. A fair night's sleep is described. Sleep was not continuous and not completely restful.

**Content of Therapy:** Anna admitted to feeling overwhelmed and anxious even when completing the smallest project. Becoming easily frustrated was also discussed by the patient. **"When will this jumpiness end?"**

**Therapeutic Interventions:** The main therapeutic techniques used this session involved helping to identify areas of difficulty and to develop coping skills and to manage stress. This session the therapeutic focus was on improving the patient's self-compassion. Patient will make positive statements regarding self and the ability to cope with the stresses of life.

**MENTAL STATUS:** Anna is irritable, distracted, and fully communicative, casually groomed, and appears anxious. She exhibits speech that is normal in rate, volume, and articulation and is coherent and spontaneous. Language skills are intact. Mood is entirely normal with no signs of depression or mood elevation. Her affect is congruent with mood. There are no signs of hallucinations, delusions, bizarre behaviors, or other indicators of psychotic process. Associations are intact, thinking is logical, and thought content is appropriate. Homicidal ideas or intentions are convincingly denied. Cognitive functioning and fund of knowledge is intact and age appropriate. Short and long term memory is intact, as is ability to abstract and do arithmetic calculations. This patient is fully oriented. Clinically, IQ appears to be in the above average range. Insight into illness is fair. Social judgment is intact. There are signs of anxiety. Anna is fidgety.

**DIAGNOSES:** The following Diagnoses are based on currently available information and may change as additional information becomes available.

Axis I: Generalized Anxiety Disorder, 300.02 (Active)

### INSTRUCTIONS / RECOMMENDATIONS / PLAN:

Link to Treatment Plan Problem: **Anxiety**

#### Short Term Goals:

Anna will have anxiety symptoms less than 50% of the time for one month.

Target Date: 4/25/2012

In addition, Anna will exhibit increased self-confidence as reported by client on a self-report 0-10 scale weekly for two months.

Target Date: 5/23/2012

No progress in reaching these goals or resolving problems was apparent today.

Recommend continuing the current intervention and short term goals. It is felt that more time is needed for the intervention to work.

Return 1-2 weeks or earlier if needed.

90805 (psychotherapy w. E/M services)

Time spent counseling and coordinating care: 45-50 min

Session start: 2:00 PM

Session end: 2:50 PM

Liz Lobao, MD

Electronically Signed

By: Liz Lobao, RN

On: 3/16/2012 3:22:34 PM

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**LP Steffe**



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### Table of Contents **Sample Tss Progress Notes**

1. Understanding the eBook **Sample Tss Progress Notes**
  - The Rise of Digital Reading **Sample Tss Progress Notes**
  - Advantages of eBooks Over Traditional Books
2. Identifying **Sample Tss Progress Notes**
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an **Sample Tss Progress Notes**
  - User-Friendly Interface
4. Exploring eBook Recommendations from **Sample Tss Progress Notes**
  - Personalized Recommendations
  - **Sample Tss Progress Notes** User Reviews and Ratings
  - **Sample Tss Progress Notes** and Bestseller Lists

5. Accessing Sample Tss Progress Notes Free and Paid eBooks
  - Sample Tss Progress Notes Public Domain eBooks
  - Sample Tss Progress Notes eBook Subscription Services
  - Sample Tss Progress Notes Budget-Friendly Options
6. Navigating Sample Tss Progress Notes eBook Formats
  - ePub, PDF, MOBI, and More
  - Sample Tss Progress Notes Compatibility with Devices
  - Sample Tss Progress Notes Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Sample Tss Progress Notes
  - Highlighting and Note-Taking Sample Tss Progress Notes
  - Interactive Elements Sample Tss Progress Notes
8. Staying Engaged with Sample Tss Progress Notes
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Sample Tss Progress Notes
9. Balancing eBooks and Physical Books Sample Tss Progress Notes
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Sample Tss Progress Notes
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Sample Tss Progress Notes
  - Setting Reading Goals Sample Tss Progress Notes
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sample Tss Progress Notes
  - Fact-Checking eBook Content of Sample Tss Progress Notes
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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