

Therapy Progress Notes Cheat Sheet

This cheat sheet aims to guide therapists in maintaining comprehensive progress notes. Use this as a guide to write and review your progress notes and other documentation based on the patient's evolving needs and therapeutic journey.

1. Session overview

- "Today's session focused on exploring recent triggers and coping mechanisms, with particular attention to **[describe specific trigger events or situations and the client's response patterns]**."
 - "Discussed progress in implementing new communication strategies within relationships, emphasizing the impact on **[specific relationships and observed changes in interaction patterns]**."
 - "Explored the impact of recent life events on the client's emotional well-being, specifically addressing **[significant events and their emotional/behavioral impact]**."
 - "Reviewed and reflected on goals set during the previous session, considering the challenges related to **[specific obstacles encountered and progress towards stated goals]**."
 - "Examined patterns of thought and behavior related to specific challenges, particularly focusing on **[identified thought patterns and their manifestation in daily life]**."
 - "Investigated the role of self-care in managing stress and anxiety, highlighting the significance of **[specific self-care strategies discussed and their effectiveness]**."
 - "Addressed any immediate concerns or crises affecting the client, focusing on strategies for coping with **[current crises faced by the client]**."
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2. Observations

- "Noted increased tension in the client's body language during discussions about family dynamics, especially when **[specific topics or moments involving family members that triggered the tension]**."
- "Observed subtle signs of discomfort when addressing certain emotions, particularly related to **[identify specific emotional themes or past experiences that prompted the discomfort]**."
- "Client displayed increased engagement and focus when discussing personal achievements, specifically in the context of **[name areas of life or specific accomplishments that sparked enthusiasm]**."
- "Noted improvements in eye contact, suggesting enhanced connection and openness, especially when **[specify conversations or topics that facilitated this increased comfort]**."
- "Observed instances of self-soothing behaviors during moments of distress, particularly when **[specific triggers or discussion points that prompted these behaviors]**."
- "Client exhibited signs of relief through visible relaxation as the session progressed, especially in response to **[describe therapeutic interventions or discussion points that led to relaxation]**."
- "Non-verbal cues indicated a willingness to explore deeper emotional content, particularly regarding **[specify themes or topics where increased openness was observed]**."

Guide Cheat Sheet Progress Notes

Lesa Snider



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