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Mood is entirely normal with no signs of depression or mood

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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.

### **SAMPLE MENTAL HEALTH PROGRESS NOTE - ICANotes**

Sample Therapy Notes For Depression Psychotherapy Progress Note Mrs. Little seems to have had an inadequate response to treatment as yet. Symptoms of depression continue to be described. Her symptoms, as noted, are unchanged and they are just as frequent or intense as previously described. Mrs. Little describes feeling sad. Mrs. Little denies suicidal ideas or intentions. Mrs. clinician are highlighted in yellow. Visit <http://www ...>

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Sample Therapy Notes For Depression Type of Service :  
Individual Therapy 90806 Office Service Setting: 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.



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## **Sample Therapy Notes For Depression**

Type of Service : Individual Therapy 90806 Office Service  
Setting: 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.

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

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be organized around a diagnosis, a problem list, a set of treatment goals or a listing of directions for therapy. Therapy notes (either progress notes or psychotherapy notes) may be easier to write and later to interpret if written toward a good treatment plan. Progress Notes versus Psychotherapy Notes: A Key Distinction. Psychotherapy notes.

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## **sample therapy notes for depression**

Depression: Client will: Identify \_\_\_\_\_ triggers for the depressed

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mood. Verbalize understanding between [underlying losses, etc] & depressed mood. Eat \_\_\_\_ % of meals by session # \_\_\_\_ (if anorexia is part of the depression) Sleep \_\_\_\_ hrs. & report restorative sleep (if insomnia is part of the depression)

### **Clinical Progress Notes - Coping.us**

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Examples of recommended interventions in the treatment of depression across the lifespan, including interpersonal psychotherapy for adults, behavioral therapy and cognitive therapy.

## **Case Examples - American Psychological Association**

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