Progress Note for Psychotherapy Template

Client Information

First Name	Last Name	Date of Birth	Date/Time
Remi	Lopez	04/04/1984	02/12/2022 14:00

Problem

Remi has improved in managing her mood swings, and practicing emotional regulation techniques. However, she still has difficulties in concentrating on her work and motivating herself to complete tasks. Remi states that, "no matter how big or small, or what I'm feeling, I just struggle to work on both my mental state and my life. ”

Assessment

Remi has been diagnosed with bipolar disorder (type 1), and has faced issues with managing mood swings in the past. However, she has made significant progress, and now struggles to attend to work tasks in addition to focusing on her emotional regulation processes. It is recommended that she is given concentration techniques to help develop strategies to combat work imbalances.

Intervention

Remi has been provided with concentration techniques, as well as a structured plan to help her divide time for herself and for her day to day responsibilities. Remi is happy with this plan, and has responded positively to taking little steps.

Medication

Remi continues with her Lithium dosage. If improvements continue in future sessions, we may look at gradually decreasing this.

Plan

Remi will see me in 2 weeks, and will report back on her concentration techniques as well as her work/self-care balance. We will amend strategies, and revise medication routes if improvements are not made.

Dr Lucy Smith

Clinician Name (Printed)

Clinician Signature

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