

SOAP Note for Counseling

Patient Information

First Name: Hannah

Surname: Smith

DoB: 09/05/1982

Date: 08/10/2022

Subjective Hannah said she has been “feeling better this week”. She has reduced her hours at work from 40/week to 20/week and said this has helped her anxiety and stress.

Objective Hannah’s self-care skills are intact. She has normal food intake and says she is sleeping 6-8 hours per night. Weight is stable and unchanged.

Assessment Hannah presents as calm and attentive. Her speech is normal in rate, articulation, and volume. Hannah shows a normal insight into problems and is demonstrating a desire to improve her feelings of anxiety and stress. Suicidal ideation is absent. Hannah practiced replacing negative self-talk with positive self-talk and was taught how to identify and remove herself from situations that are causing stress.

Plan Hannah will continue to have weekly counseling sessions. She will focus on replacing negative self-talk with positive self-talk and has a goal to do 30 minutes of outside exercise 2 times over the next week.

Signature



Date

08/10/2022

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