

SOAP Note for Psychology Template

Patient Information

First Name: Stacey

Surname: Jones

DoB: 12/07/1981

Date: 09/02/2022

Subjective Stacey says that her feelings of anxiety have increased over the past 2 weeks. She is finding it hard to complete her work effectively and is struggling to maintain relationships with her friends. Stacey said that “since the breakup everything has just been so hard”.

Objective Stacey arrived to the session on time and was dressed neatly. She was attentive and communicative and her voice was normal in rate and volume. Her body language was unfocused and her hands trembled occasionally. Stacey’s weight is unchanged.

Assessment Stacey’s recent breakup has caused her anxiety symptoms to return. Stacey is having difficulty performing everyday tasks in her professional and personal life. Her self-awareness of presenting symptoms is normal and Stacey is interested in treating her anxiety symptoms. There are no outward signs of depression.

Plan Stacey will continue to work on recognizing and coping with symptoms of anxiety. Stacey will continue to have weekly sessions to help develop these skills. The next session is scheduled for 09/10/2022.

Signature



Date

09/02/2022

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