



THE INSTITUTE FOR EXPRESSIVE ANALYSIS

NAME

DATE

TIME

SERVICE PROVIDED

- Individual Psychotherapy, 45 minute (90834)
- Individual Psychotherapy, 60 minute (090837)

Clients reported:

MOOD REGULATION

Level of Distress/Impairment
0 1 2 3 4 5 6 7 8 9

BEHAVIOR REGULATION

- Self-harm
- Substance use/abuse
- Impulsivity
- Violence/aggression
- Compulsion
- Passivity
- Hyperactivity
- Isolation
- Distractible
- Eating
- Sleeping
- Hygiene
- Homecare
- Other _____

Level of Distress/Impairment
0 1 2 3 4 5 6 7 8 9

RELATIONSHIPS

- Within family
- Intimate
- Social
- Therapist

Level of Distress /Impairment
0 1 2 3 4 5 6 7 8 9

OCCUPATIONAL/EDUCATION FUNCTIONING

- Colleagues/peers Authority
 - Task related
- Level of Distress/Impairment
0 1 2 3 4 5 6 7 8 9

MENTAL STATUS

- Appropriate
- Alert
- Verbal
- Oriented
- Dejected
- Withdrawn
- Quiet
- Happy
- Calm
- Anxious
- Sad
- Confused/disoriented
- Angry
- Frustrated
- Guarded
- Lethargic
- Agitated
- Distracted
- Other _____

TREATMENT PLANS:

- Continue current focus
 - Provide referral, to _____
 - New focus of treatment identified _____
 - See again _____
- Payment cash _____ check # _____

TREATMENT MODALITIES IN SESSION

- Identification/exploration of feelings
- Discussion of patterns in relationship
- Provided support
- Rational thinking strategies
- Cognitive reframing/ psychoeducation
- Problem solving/coping skills training
- Communication/social skills/ assertiveness training
- Discussion of parenting skills
- Addressed ineffective defensive behaviors
- Informal assessment/ evaluation
- Discussion of treatment plans/progress
- Discussion of symptoms
- Discussion of feelings about medications
- Discussion of adjunctive treatments
- 12 Step focus
- Moderation management
- Discussion of impact of medical issues