

Clinical Progress Note Template

Patient Information

Amy

Foote

04/07/1997

ABC123

First Name

Last Name

Date of Birth

Patient Identifier (if known)

Date/Time	Note	
09/02/2022 8am	Saw Amy today for an initial consultation regarding her obsessive thoughts and compulsions to clean. Focussed on goal setting and building a history of her present condition. Will see her next week.	
09/02/2022 8am	Amy has had five "cleaning episodes" since our last appointment. She reports these are the most time consuming of her symptoms which she wants to focus on reducing. Amy reports these occur when she is anxious and she feels she has no control over them. We made a plan for her to reach out for help to her safe contact person when she feels one of these episodes coming on.	
09/16/2022 9am	Amy reports an increase in the "cleaning episodes" since our last appointment, reports she had trouble sticking to our plan as her "safe person" was busy and she didn't want to bother them. We have made a plan for her to redirect herself with tasks she enjoys instead.	
09/23/2022 8am	Amy's cleaning episodes have reduced to three since our last appointment. Amy appears brighter and more excited about her future, talking for the first time about moving into a shared house with flatmates once she has her condition under control.	
09/30/2022 9am	Amy reports just two "smaller" cleaning episodes restricted to just her bedroom and not the whole house, since our last appointment. This demonstrates great progress, and she attributes most of this success to practicing her self-redirection and grounding techniques.	
Clinician Name Dr. F	Clinician Designation Clinical Psychologist	Clinician Signature 

Va Medicaid Progress Notes Guide

L Cohen



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