

# SUBJECTIVE

## Client report

## Symptoms reported

- Anxiety/worry
- Agitation/irritability
- Depression/sadness
- Isolation/Loneliness
- Tearfulness
- Fatigue/Lethargy
- Hopelessness/Helplessness
- Grief
- Panic Episodes
- Restlessness
- Pain
- Intrusive Thoughts
- Other

## Patterns of behavior impacted

- Difficulty Sleeping
- Attention/Concentration
- Activity/Productivity
- Increased appetite
- Decreased Appetite
- Excessive sleep
- Low motivation
- Isolation from others
- Fatigue/low energy

- Low self-esteem
  - Depressed mood
  - Tearful or crying spells
  - Anxiety
  - Fear
  - Hopelessness
  - Panic
  - Improved outlook
  - Reduction in previous concerns
  - Other
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## OBSERVATIONS

### Appearance

- Appropriate for setting and weather
- Disheveled
- Inappropriate for setting/weather

### Affect

- Full
- Constricted
- Flat
- Inappropriate
- Labile

### Mood

- Euthymic
- Anxious
- Depressed
- Euphoric
- Irritable

## Behavior

- Cooperative
- Guarded
- Hyperactive
- Agitated
- Paranoid
- Aggressive
- Withdrawn
- Impulsive

## Thought process

- Logical
- Tangential
- Racing
- Circumfrential
- Concrete
- Incoherent
- Flight of ideas
- Loose

## Thought abnormality

- None
- Delusions
- Obsessions
- Intrusive thoughts
- Hallucinations
- Phobias
- Suicidal Ideation
- Homicidal Ideation
- Black and white thinking

## Attention/Concentration

- Appropriate for development
- Distracted
- Hyperfocused

## Judgement

- Good
  - Fair
  - Poor
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## ACTION AND PLAN

### Intervention strategies implemented

- Circle of influence activity
- Vase activity
- Identify and Express Emotions
- Support in grief processing
- Role Playing
- Systematic desensitization
- Cognitive Behavioral Triad Psychoeducation
- Disputing irrational beliefs
- Cognitive restructuring
- Support, Reflection, and Empathetic Understanding
- Coping skill education
- Bibliotherapy
- Reflection of feeling
- Limit Setting - ACT Model
- Play Therapy - Sand Tray
- Family Sculpting
- Anxiety Psychoeducation through GoZen
- Play Therapy - game play
- House Tree Person drawings
- Play Therapy - Ball play

- Play Therapy - Imaginary/dress up play
- Insight development
- Behavior modification
- Skills development (coping, communication)
- Assigning Homework
- Homework processing
- Cognitive Processing Therapy
- Play Therapy - Stuffed Animal/puppet play
- Safety Planning
- Other

**Session focus or theme(s)/content of play (where applicable)**

**Future treatment and follow up issues**

**Coordinate care with**

**Other assessments**