

# Solution-Focused Progress Note

Client Name: \_\_\_\_\_

Date: \_\_\_\_\_

Service: Psychotherapy (16-37min)

Psychotherapy (38-52)

Psychotherapy (53+)

Add on for Interactive Complexity: Reason: \_\_\_\_\_

Family therapy with patient present

Family therapy without patient present

Psychotherapy for crisis

Sources of information:

Client: \_\_\_\_\_

Mother/Father: \_\_\_\_\_

Other VIPS: \_\_\_\_\_

What's better/ Positive differences

(Exceptions): \_\_\_\_\_

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How well have you been coping 1-10? (10 is the best)

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What are your Best hopes for this session?

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Scaling Progress: \_\_\_\_\_

What is a “Good enough” number: \_\_\_\_\_

What keeps it from being lower (What else): \_\_\_\_\_

VIPs scaling assessment: \_\_\_\_\_

Next steps: \_\_\_\_\_

How helpful are your medications from 1-10? \_\_\_\_\_

How well are you managing your medical conditions from 1-10? \_\_\_\_\_

What have you done to help your medications work? \_\_\_\_\_

How confident are you in your skills to graduate from this treatment episode from 1-10?

\_\_\_\_\_

What is a good enough number? \_\_\_\_\_

What keeps the number from being lower? \_\_\_\_\_

What will help raise the number by one point? \_\_\_\_\_

Interventions:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Solution-Focused Safety assessment (If needed):

How confident are you that you can keep yourself safe from 1-10? \_\_\_\_\_

How confident are your VIPs that you can keep yourself safe from 1-10? \_\_\_\_\_

What is a “Good enough” number for you to stay safe? \_\_\_\_\_

What keeps the number from being lower? What else? \_\_\_\_\_

What is one thing you could do to raise the number by one point? \_\_\_\_\_

Treatment Plans: \_\_\_\_\_

Follow up: \_\_\_\_\_

Signature \_\_\_\_\_

Date: \_\_\_\_\_