



SOAP Template 45 minute

Client Full Name: **Katie Client**

Client Date of Birth: 9/9/1999

Date of Service: **3/10/2023**

Exact start time and end time: **9:25am-10:10am: 45 mins**

Session Location: **Telehealth, patient provided consent to telehealth visits, performed via HIPAA compliant software**

Diagnoses (in words): **Major Depressive Disorder, Moderate, Single episode**

Subjective notes:

Katie presents to today's session feeling "depressed as usual." She states that her mood has been "the same." She reports that she has been struggling to get out of the house to enjoy social events that she is actually interested in, then becomes more frustrated with herself. Katie says that she "just wants to feel better." Katie continues to endorse low energy, loss of interest in activities, difficulty sleeping and feelings of guilt, although she is not able to express the source of her guilt.

Objective notes:

Therapist helped Katie process her feelings, provided brief psychoeducation on depression as related to reported mood. Katie's mood throughout the session was dysphoric, flat affect, her speech is soft but clear and logical. Therapist discussed use of the CBT triangle to help Katie identify how thoughts, feelings and actions are related and used CBT framework to highlight that our thoughts are the beginning of change. Katie was easily able to grasp the concept of a thought triangle but unable to give in session examples.

Assessment:

Katie continues to struggle with depressive symptoms making it difficult to participate and enjoy social events, her depression is also having a negative impact on her work, (missing deadlines, tardiness). She struggles to identify triggers to her mood and lacks insight to overall diagnosis. She denies SI/HI/AVH. She is struggling to make progress toward her goal of identifying triggers in order to change the thought/behavioral patterns contributing to her depression.



Plan:

Therapist will continue to use CBT informed treatment to help Katie learn coping skills to manage depression. For the next week therapist asks Kaite to complete the thought triangle once daily to help identify how her thoughts, feelings and actions are correlated.

Therapist recommends meeting in one week, Katie will schedule the next session.

Electronically signed by: **Susan Practitioner, LCSW**

Note signed date: **3/10/2023**

Fictitious Case