

DAP PROGRESS NOTE SAMPLE with Directions

LIST ONE TARGET BEHAVIOR FROM THE PLAN OF CARE: List one behavior or goal taken from the Plan of Care which was addressed in this intervention.

GOOD EXAMPLE: To reduce the frequency and severity of the client, Pat, hitting.

BAD EXAMPLE: To discuss tantrums with client.

DATA: Document specific details of what was said and done in this intervention that helped you address the targeted behavior or goal listed above.

GOOD EXAMPLE: Therapist role played with Pat to show her how to channel her anger toward her sister when her sister borrows her clothes without asking. Pat practiced counting to ten and using certain phrases and language that would avoid hitting her sister.

BAD EXAMPLE: The therapist used CBT to process Pat's aggressive behaviors.

ASSESSMENT: Give your opinion about how this intervention went. You should document both positive and negative observations about whether you feel that the client understands their behavior, strategies, etc., whether the client is cooperating in the intervention, and/or if the client is applying the strategies and skills covered.

GOOD EXAMPLE: Pat willingly engaged in role play and seemed to understand and commit to memory phrases that will help to avoid hitting her sister. Pat still gets defensive and shuts down when the therapist attempts to help her see her sister's side of a situation or tries to reason as to why her sister might do the things she does. Therapist feels that there is still a serious sibling rivalry going on.

BAD EXAMPLE: Therapist feels that progress was made toward understanding jealousy between sisters.

PLAN: Describe what the goal will be of your next intervention with this client and what activities you will conduct to meet that goal.

GOOD EXAMPLE: During the week Pat will work on counting to ten to avoid hitting her sister. Next session, in an attempt to improve her relationship with her sister and open those lines of communications, the therapist will have Pat talk about and explore her experiences with her sister growing up. Next session will be Tuesday, (dd/mm/yyyy) at 3pm.

BAD EXAMPLE: To learn more about Pat's childhood experiences with her sister.