Group Therapy Progress Note

Client: __________________________________________________   Date: ___________
Group name: __________________________________________________  Minutes:______
Group session # ______  Meeting attended is #:____ for this client.
Number present in group ____ of ____ scheduled  Start time:________  End time: ________

Assessment of client
1. Participation level: ❑ Active/eager  ❑ Variable  ❑ Only responsive  ❑ Minimal  ❑ Withdrawn
2. Participation quality: ❑ Expected  ❑ Supportive  ❑ Sharing  ❑ Attentive  ❑ Intrusive
   ❑ Monopolizing  ❑ Resistant  ❑ Other: __________________________
3. Mood: ❑ Normal  ❑ Anxious  ❑ Depressed  ❑ Angry  ❑ Euphoric  ❑ Other: __________
4. Affect: ❑ Normal  ❑ Intense  ❑ Blunted  ❑ Inappropriate  ❑ Labile  ❑ Other:___________
5. Mental status: ❑ Normal  ❑ Lack awareness  ❑ Memory problems  ❑ Disoriented  ❑ Confused
   ❑ Disorganized  ❑ Vigilant  ❑ Delusions  ❑ Hallucinations  ❑ Other:_______________
6. Suicide/violence risk: ❑ Almost none  ❑ Ideation  ❑ Threat  ❑ Rehearsal  ❑ Gesture  ❑ Attempt
7. Change in stressors: ❑ Less severe/fewer  ❑ Different stressors  ❑ More/more severe  ❑ Chronic
8. Change in coping ability/skills: ❑ No change  ❑ Improved  ❑ Less able  ❑ Much less able
9. Change in symptoms: ❑ Same  ❑ Less severe  ❑ Resolved  ❑ More severe  ❑ Much worse
10. Other observations/evaluations:____________________________________________________

In-session procedures:
❑ _______________________________________________________________________________
❑ _______________________________________________________________________________
❑ _______________________________________________________________________________
❑ _______________________________________________________________________________
❑ _______________________________________________________________________________
Homework:
1. _______________________________________________________________________________
2. _______________________________________________________________________________
3. _______________________________________________________________________________

Other Comments:
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
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_________________________________________________________________________________

Signatures ________________________________ ________________________________ Date________________________