

Get to know me....

SOAP Notes Edition!

"Patient" Name: _____

Subjective

Objective

Assessment

Subjective

Instructions:

Follow these steps to complete each square with information about yourself following the SOAP Note method.

1. Read over the resource: <https://www.sondermind.com/private-practice/soap-notes>.

(This information is also available on page 3 of this document of the internet is not working)

2. As a class, discuss what students should write in each box about themselves according to the SOAP Note method. ** Do not include any medical information. Example: Assessment – Enjoys medicine and wants to pursue a career in nursing. Wants to go to Texas Tech. Plan – Needs to apply to Texas Tech and retake my SAT/ACT/TSI

3. Complete each section about yourself!

Subjective:

Statement about relevant client behavior or status.

This is where you as the clinician enter information regarding the client's chief complaint, presenting problem, and any other relevant information including direct quotes from the client. You might also include personal or medical issues that may impact or influence the client's day-to-day routine.

Contains a complete account of the client's description of symptoms

Progress from the last encounter

Objective:

Observable, quantifiable, and measurable data.

This part of the note includes factual documentation about the client including a client's diagnosis, behavioral and/or physical symptoms, appearance, orientation, and mood/affect.

How the client presented themselves (affect, behavior, eye-contact, nervousness, talkativeness) based on your observations

Verbal/non-verbal

Body posture

Affect when discussing certain topics or issues

Content to include:

Physical, interpersonal, and psychological observations

General appearance

Affect & behavior

Nature of therapeutic relationship

Client's strengths

Client's mental status

Client's ability to participate in the session

Client's responses to the process

Written materials such as reports from other providers, psychological tests, or medical records can be included here (if applicable)

Assessment:

Use professionally acquired knowledge to interpret the information given by the client during the session.

Implement clinical knowledge and understanding (DSM/Therapeutic Model, identify themes or patterns)

Update/include DSM criteria observations exhibited by the client

Content to include:

Client appeared unusually disheveled, exhibited excessive anxiety and worry toward partner's threat of abandonment and denial of autonomy. Client presented an abundance of guilt and shame due to infidelity from their partner. Provider feels this may contribute to the immoderate emotional response and temperate consumption of alcohol client is currently experiencing.

Client appears to continue experiencing anxiety

Client continues to experience family-related stressors

Client exhibited signs of moderate depression

Client anxiety has increased in severity and appears to meet the criteria for GAD

Plan:

Outline the next course of action as far as the treatment plan goes, given the preceding information gathered during your session.

Focus on your next steps for the upcoming session. Stay aligned with your overall treatment plan without reinstating it in full in this section.

Focus on things both parties have agreed to

Note nutritional, physical, medical attributes that will contribute to the client's therapeutic goals

Note any progression/regression client has made in treatment

Implementation

Should be aligned with assessment and direct

Examples of content to include:

Provider will introduce designated assessments to assess the client's focus and uncontrollability.

Focus on client's reported symptoms or issues in daily functioning (frequency, duration, intensity, and type), if applicable.

Provider will continue to build trust and confidence with client to allow space for exploration of previous events similar to current stressors, and explore those conclusions.

"Client will consult with a licensed nutritionist, in order to create a healthy diet and lifestyle plan."

"Client will begin yoga classes at the local gym."

"Client is committed to attending group therapy sessions for eating disorders."