

Great Agency Treatment Center  
OUTPATIENT GROUP NOTE

Name: Client Name      Date: 02/02/19      Case #: 777777

TX Type: Group (Process)      TX Time: 1:30-3:00      Location: 2.1 (IOP)

**D:** Process group met for 1.5 hrs. The group topic was “*Emotional and Physical Triggers*” Counselor presented information on triggers which provided a definition and examples of common triggers relative to addiction. The group then discussed different emotional and physical triggers that have always lead them back to a lifestyle of drugs and/or crime in the past. This client is currently working on goal 1 objective 1 where he will identify 6 triggers. Client was able to list 3 emotional (guilt, depression and excitement) and 3 physical triggers (bars, clubs and picnics) Client then stated, “I believe if I had ways of interrupting the thought of using after I am triggered, I will have a better chance of staying clean.”

**A:** Client verbalized insight gained during today’s group session by asking questions about new information that was given in group, which pertained to ways of thinking/understanding the thought process before acting. Client was engaged and exhibited the contemplation stage of change through his active involvement in his treatment plan and completing Goal 1 objective 1.

**P:** Client will continue to work on Goal 1 and move forward to objective 2 where he will identify 5 coping skills he can use when the thought of using occurs. Client was given a handout on today’s topic and an additional assignment on defining coping skills to be presented during the next group session.

Signature and Credentials: \_\_\_\_\_ Date: \_\_\_\_\_

The above is an example of a D.A.P. note.

**DATA:** Has to be factual information. What information was provided and what was clients response to the information given. Direct quotes are good in this section.

**ASSESSMENT:** How does the counselor assess todays group as it relates to this client. Was client interactive or was he dis-engaged? Did he appear to move in the stages of change? Is he making progress and what is it evidenced by?

**PLAN:** What is the next step for this client? Homework assignments? Is he moving to next objective or will he continue to work on the same objective. What is his next Goal and objective if he is moving forward.