

TREATMENT CENTER

INDIVIDUAL SESSION NOTE

Name: Client Name                      Date: 06/10/2019      Case #: 000001

TX Type: Initial Individual              TX Time: 2:30-3:30PM    Location: 2.1 (IOP)

**D:** Jessica stepped into the office expressing concerns about her identity being revealed within a small town. She then stated ‘who am I fooling, everyone knows that I am an addict – they all talk.’ She was nervous – sitting for a few moments then standing and then sitting again. After a few moments, while still seated, she asked – where should I start? (without waiting for an answer, she proceeded to state ) how can I be helped when I need so much help: Jessica reported that while she is clean and sober, she does still enjoy the taste of red wine. She shared that she resents her mother, boyfriend, older sister Jerrica, her dad and her last agent. She shared that she feels that her mother and her sister celebrated her addiction. They misused her money and when everything was gone, so were they. Her ‘boyfriend started her to using drugs, but he understood her in a way that most people would not and just when she thought that they were both committed to recovery and going to get better – he overdoses and dies, leaving her all by herself.’ Jessica related to feeling abandoned because her dad remarried and said that his new wife couldn’t handle all of Jessica’s issues. Her last agent convinced her to do a reality show that got him new clients but only got her exposed as a bipolar drug addict. Therapist encouraged her to identify positives that she received from these relationships.

**A:** Jessica was very active and led the overall discussion today. She began to address her anger toward her dad, mom, boyfriend, sister and agent. She expressed that she understands that her mom has some mental health issue that impacted her decisions. She stated that she and her sister have always had a love hate sibling rivalry and that she hopes that she can be instrumental in changing that. She wants to discuss the grief and guilt that she experiences concerning her boyfriend. She wants to learn how to forgive her agent and let go of that part of her life “that has apparently let me go.” She wants to trust that it is okay to share her painful experiences within the sessions. She also wants to identify the positives things in her life – past and present.

**P:** Jessica and therapist developed a treatment plan. She will attend individual on January 18<sup>th</sup> at 1:00 PM and group on January 21<sup>st</sup> at 3:00 PM. She will be encouraged to share her feelings and explore what she can do to move beyond the pain of her past.

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 today's 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.