

# CLIENT CONTACT SUMMARY (PSYCHOTHERAPY NOTE)

Client: \_\_\_\_\_

Medical Card Number: \_\_\_\_\_

Client Birthdate: \_\_\_\_\_

Insurance Card Number: \_\_\_\_\_

Service Date: _____	Start Time: _____	End Time: _____	Total minutes: _____
Non-Billable Service: _____	Start Time _____ am / pm	End Time _____ am / pm	Non-billable minutes: _____ -
Procedure Code: <b>90832 OR 90834 OR 90837</b> Units: _____ Procedure Code : _____ Units: _____ Procedure Code: _____ Units: _____			Total billable minutes: _____ = _____
Diagnosis Code: _____	Authorization Number: _____		Units: _____
Attendance: _____			
Specific Location of Session: _____			
<u>Risk:</u> No / Yes and Plan: _____ <u>Problem (as stated on Service Plan):</u> <b>This comes directly from the CAFAS service plan. (i.e Client requires individual therapy due to physical aggression occurring 10 times a day) This stays the same on every note until or unless the CAFAS service plan is updated/alterd.</b>			
<u>Treatment Goal (as stated on Service Plan):</u> <b>This also comes directly from the CAFAS service plan. (i.e. Client will reduce physical aggression from 10 times a day to 5 times a day).</b>			
<u>Goal for Today's Session:</u> <b>This is what you are trying to accomplish in this session. (i.e. Continue utilization of CBT techniques to alter the negative cycle of anger. Focus on specific thoughts that generate angry responses to authority figures.)</b>			
<u>Intervention:</u> <b>This is what you did as a therapist in the session. (i.e. Therapist initiated a conversation concerning client's and family's functioning across settings. Therapist continued to utilize CBT techniques to alter the negative cycle of anger in the client's life. By altering the negative cycle of anger, the client will be less triggered by negative thoughts and feelings, leading to less acting out behavior with authority figures. Therapist specifically focused on history of interactions with authority figures, specifically parents and past teachers. Therapist assisted client with identifying automatic thoughts tied to general beliefs about himself/herself and connection to authority figures.)</b>  <b>**This is "psychotherapy" because focus of the intervention is on the client. It helps the client identify and alleviate emotional disruptions, maladaptive behavior patterns, and contributing factors. Encourages personal growth &amp; development through coping techniques and problem solving skills.</b>			
<u>Response:</u> <b>This is what the client/family said/did in the session in response to the therapeutic interventions. (i.e. Client discussed and processed recent events at home and at school. Client engaged in CBT techniques and continued to discuss and process negative cycle of anger in his/her life. Client was able to identify some initial automatic thoughts connected to belief about himself/herself and authority figures. Client discussed and processed events in early childhood that may have established negative thoughts/beliefs about power and control. Client agreed to work on becoming more aware of negative thoughts that may be triggering feelings of anger this week.)</b>			
<u>Next appointment:</u> <b>Date/Time/Location of next session.</b>			
<u>Plan:</u> <b>This is what you will try to accomplish in the next session. (i.e. Continue utilization of CBT techniques to alter the negative cycle of anger. Focus on client's experience of attempting to become more aware of the negative thoughts that lead to anger.)</b>			

Provider Signature & Credentials \_\_\_\_\_

NPI # \_\_\_\_\_

Date \_\_\_\_\_