

# SESSION NOTES CHEAT SHEET

## S: Subjective

Sentences categorized by:  
Mood, Behavior, Thoughts & Coping Mechanisms

## O: Objective

Sentences categorized by:  
Behavioral, Emotional, Cognitive & Physiological

The screenshot shows a Google Sheet with the following structure:

- Tab 1: S Subjective**
  - Header: **S Subjective**
  - Description: The subjective matter focuses on what the client reports during the session. This includes their feelings, thoughts, concerns and descriptions of their experiences after asked through verbal communication. The purpose of this section is to capture the client's perspective, allowing therapists to gain insight into their emotional state, thoughts, and behaviors.
  - Table with 4 columns: #, Category, Subcategory, Sample sentences.
  - Categories include: Mood, Behavior, Thoughts, Coping Mechanisms.
- Tab 2: O Objective** (partially visible)
- Tab 3: Assessment** (partially visible)
- Tab 4: Plan** (partially visible)

## A: Assessment

Sentences categorized by  
Symptom Progress, Client  
Engagement, Behavioral Patterns,  
and Treatment Coping

## P: Plan

Sentences categorized by Goals  
& Focus, Interventions &  
Techniques, Homework &  
Assignments, Follow-Up Plans

# Guide Cheat Sheet Progress Notes

**Curtis Poe**



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**Charting Made Incredibly Easy!** Springhouse,2002 Part of the Springhouse Incredibly Easy Series TM this Second Edition provides current information about charting in a comprehensible clear fun and concise manner Three sections cover Charting Basics Charting in Contemporary Health Care and Special Topics New features include expanded coverage of computerized documentation and charting specific patient care procedures plus current JCAHO standards both in the text and appendix chapter summaries and a new section with case study questions and answers Amusing graphics and cartoon characters call special attention to important information Entertaining logos throughout the text alert the reader to critical information Thought Pillows identify key features of documentation forms and the glossary defines difficult or often misunderstood terms

**Photoshop CC: The Missing Manual** Lesa Snider,2014-08-14 Photoshop CC is an outstanding image editor but it can be pretty overwhelming This book makes learning Photoshop as easy as possible by explaining the hows and whys in a friendly conversational style You ll unlock Photoshop s secrets new goodies and time saving features with expert tips and practical editing advice you can use every day The important stuff you need to know Learn your way around Tour Photoshop s workspace and learn how to customize it Unleash the magic Use selections layers masks and smart objects to safely edit images automate common chores with actions Perfect your photos Learn to crop resize color correct retouch combine and prepare photos for print or online use Master color Drain change and add color and even create digital makeup partial color effects and duotones Be artistic Use filters effectively create illustrations paintings artistic typography animations and videos Go 3D Create and edit 3D objects and send them off to a 3D printing service from inside Photoshop Export web graphics Use Generator to instantly export and resize images just by using layer names

Real Life Heroes Richard Kagan,2016-12-13 Real Life Heroes Toolkit for Treating Traumatic Stress in Children and Families Second Edition is an organized and easy to use reference for practitioners providing therapy to children and caregivers with traumatic stress This step by step guide is an accompanying text to the workbook Real Life Heroes A Life Story Book for Children Third Edition and provides professionals with structured tools for helping children to reintegrate painful memories and to foster healing from traumatic experiences The book is a go to resource for practitioners in child and family service agencies and treatment centers to implement trauma informed resiliency centered and evidence supported services for children with traumatic stress

**New York Court of Appeals. Records and Briefs.** New York (State)., First Aid for the Wards, Fifth Edition Tao Le,Vikas Bhushan,James S. Yeh,2012-11-22 THE ULTIMATE PRIMER FOR THE CORE CLERKSHIPS NOW IN FULL COLOR Everything you need to know to score strong clerkship evaluations Preparation for every core rotation medicine surgery pediatrics obstetrics and gynecology neurology psychiatry and emergency medicine Answers to commonly asked pimp questions Hundreds of full color illustrations clarify essential concepts and improve retention Advice on presenting cases to attendings How to guides for common procedures High yield facts on the diagnosis and treatment of

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