



# Psychotherapy Progress Note

## Private Notes

Session Note (For Internal Records)

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### Psychotherapy Progress Note

**Session Date:** 2025-12-19  
**Internal ID:** CC0009  
**Patient:** DEMO Patient  
**CPT Code:** 90837

**Data:** Provider met with patient for a 53+ minute audio/visual telehealth session on 2025-12-19 from 10:00 AM to 10:58 AM EST. Patient attended session on time; was oriented to person, place, and time; and had no notable aberrations in mood, affect, attention, concentration, or attitude. Patient did not indicate any risk of harm to self or others. No contrary clinical indications present.

The psychotherapist facilitated a space for the client to articulate complex emotions surrounding family relationships. By prompting the client to explore experiences with his mother, Amanda, and Jenna, the psychotherapist helped the client recognize unresolved feelings and pain. Through reflective listening, the psychotherapist paraphrased the client's descriptions of disconnection and mistrust, particularly highlighting the enduring impact of early lessons on trust learned from his mother, and how these continue to affect his relationships. By asking about the persistent wounds that impede trust, the psychotherapist encouraged the client to reflect on patterns of behavior and their emotional impact. The psychotherapist also addressed the client's distress and disconnection by exploring the sources of the client's panic attacks and the perceived psychological threats posed by the client's mother. Towards the end, the psychotherapist suggested focusing on self-directed healing, highlighting the importance of the client determining how to manage and heal from his own pain independently. The psychotherapist concluded with an optimistic note, emphasizing the client's potential growth and healing journey in the upcoming year.

The following interventions were utilized in order to make progress on identified treatment goals:

Reflective listening, Exploration of emotions, Exploration of Relationship Patterns, Guided imagery, Structured problem solving, Communication skills, Cognitive refocusing

**Assessment:** Patient responded well to the interventions and made incremental progress towards identified treatment goals. Please see most recent psychological evaluation for a progress update.

**Plan:** Patient is to return to clinic at the next scheduled appointment.

**Signed:**

Carter Comrie, PHD, LP  
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 Regulating Resolutions

Words: 326 Characters: 2343

Save Changes

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