

Date	Anxiety/Panic (0–10)	Sleep problems (nights/week)	Avoidance (0–10)	Skill use: grounding/breathing (times/week)	Goal Progress (Not started / Some / Moderate / Met)	Note
Wk 1	8	6	7	1	Not started	Triggered at school; practiced breathing in session
Wk 2	7	5	7	2	Some	Used grounding once at home
Wk 3	6	4	6	3	Some	Fewer panic spikes; improved recovery time
Wk 4	6	4	5	3	Moderate	Practiced skills before bed
Wk 5	5	3	5	4	Moderate	Reported fewer avoidance behaviors
Wk 6	4	3	4	4	Moderate	Reported improved coping confidence

*(You can adjust numbers to match your real pattern — keep it believable and modest.)*

## 2) De-identified Progress Note that references the measures (1 page)

Use this (paste into Word):

**Progress Note (De-identified) – DAP Format**  
**Client ID:** Client B (Adolescent)

**Date/Time:** Saturday, April 12, 2025 | 10:00–10:50 AM

**Focus:** TF-CBT-informed coping skills + symptom monitoring

**D – Data:** Client reported anxiety spikes this week related to trauma reminders. Client rated anxiety **6/10** at session start. Reviewed progress monitoring sheet: sleep disruption decreased from **6 nights/week (Week 1)** to **4 nights/week (current)** and skill use increased from **1 time/week** to **3 times/week**. Implemented psychoeducation on trauma responses, diaphragmatic breathing rehearsal, and grounding practice. Client rated anxiety **4/10** by session end.

**A – Assessment:** Symptom ratings and tracking suggested gradual improvement in anxiety intensity and coping skill use. Client demonstrated increased ability to self-regulate with coaching. Treatment goals showed **moderate progress** and pacing remained appropriate.

**P – Plan:** Continue weekly sessions. Maintain progress monitoring (anxiety/sleep/avoidance/skill use). Reinforce skill practice and review barriers next session. Update treatment plan goals if progress plateaus.

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### **3) De-identified Supervision / Case Consultation snippet (half page)**

This is what proves you used evaluation in supervision:

#### **Supervision / Case Consultation Note (De-identified)**

**Date/Time:** Monday, April 14, 2025 | 2:00–2:30 PM

Reviewed Client B's progress monitoring data (Weeks 1–6). Discussed reductions in anxiety ratings and sleep disruption and increased coping skill use. Supervisor and I agreed to continue stabilization skills for two additional sessions before introducing deeper processing tasks. Adjusted homework to emphasize consistent daily breathing practice and one planned exposure to a mild trigger with coping plan.