**Collaborative Treatment Planning and Progress Note-Taking**

-celebrate client "wins"  
-motivate continued participation  
-collect ongoing feedback to improve our care as therapists  
-save TIME  
-include the client in the approach, care, and direction of treatment  
-limit codependent relationships  
-improve overall sense of satisfaction with services provided  
-increase word of mouth referrals  
-be set apart as a consummate professional in the mental health field 

COLLABORATIVE TREATMENT PLANNING:

COLLABORATIVE NOTE TAKING:

**Common Diagnosis: Assessments & Interventions**

|  |  |  |
| --- | --- | --- |
| **CPT Code** | **Diagnosis** | **Assessments/Interventions** |
| **F32.x and F33.x** | **MAJOR DEPRESSIVE DISORDER (MDD)** | MDD Survey, Beck Depression Inventory, PHQ-9 |
| **F41.X** | **GENERALIZED ANXIETY DISORDER (GAD)** | GAD-7, Anxiety Ps |
| **F43.1X** | **PTSD** | ACES, Impact of Event Survey, EMDR |
| **F90.X** | **ADHD** | Social Skills Checklist |
| **F43.0** | **Acute Stress Disorder** | ACES, Impact of Event, DBT-Radical Acceptance, EMDR |
| **F40.10** | **Social Anxiety Disorder** | Anxiety Ps, Social Skills Checklist, Unhelpful Thinking Styles, EMDR |
| **F91.X** | **ODD** | HET, 1-minute interventions, parent training (Love and Logic, Conscious Discipline) |
| **F43.2X** | **Adjustment Disorder** | DBT-Radical Acceptance, Unhelpful Thinking Styles |
| **F19.XX** | **Substance Abuse** | Audit |
| **Z code** | **Relationship (Intimate Partner/Spouse)** | Love Languages, Solution Focused 1,2,3, Story Board |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |