

# CLIENT CONTACT SUMMARY (FAMILY THERAPY 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>90847 OR 90846</b> _____	Units: _____		Total billable minutes: _____
Procedure Code : _____	Units: _____		= _____
Procedure Code: _____	Units: _____		
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/altered.</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 systems, CBT and structural techniques to alter the negative cycle of anger in the family. Focus on examination of the morning routine of family.)</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 systems and structural techniques to alter the negative cycle of anger in the family. By altering the negative cycle of anger in the family system, the client will be less triggered by the stress of his/her environment and receive more positive support from his/her family. Therapist specifically focused on how the stress of the morning routine initiates arguments between mother and client. Therapist assisted mother with processing and discussing the cycle and routine of mornings, specifically the actions of the client that begin to irritate her leading to her yelling.</b>			
<b>**This is "family therapy" because the focus of the intervention is the family dynamics as they affect the client's mental status and behavior. The interventions are aimed at improving the interaction between the client and the family members, including the impact the client has on the other family members.</b>			
<u>Response:</u> <b>This is what the client/family said/did in the session in response to the therapeutic interventions. (i.e. Mother discussed and processed an incident at school involving the client receiving a referral. Mother engaged in systems and structural techniques to alter the negative cycle of anger in the family. Mother specifically discussed the stress of morning routines and how they often lead to verbal and physical altercations with the client. Mother was able to identify the specific behaviors client engages in that irritate her. Mother identified and processed the negative thoughts she has when she becomes irritated. Mother identified the signals that she is becoming angry and how she begins to raise her voice and issue commands to the client. Mother processed how her yelling and issuing commands generates an angry response from the client leading to the verbal altercation.</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 systems, CBT and structural techniques to alter the negative cycle of anger in the family. Focus on identifying ways mother can lower the stress of morning routines.)</b>			

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

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

Date \_\_\_\_\_