# Free Counseling Progress Note

# **Progress Note**

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# Introduction

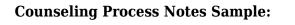
This Progress Note provides a comprehensive account of the counselling sessions conducted for mental health care. It details the client's therapy, charts their progress, and outlines a treatment plan. The note focuses on delivering value-adding information and essential insights about concerned individual's progress, avoiding jargon to maintain its readability and usefulness.

# Session Overview

The counseling sessions began on January 2, 2050, primarily addressing the client's anxiety issues. The client demonstrated commitment and gradually made improvements over the course of therapy. A significant shift in their demeanor and outlook was observed after the fifth session, indicating a positive outcome from the counseling.

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