

# Therapeutic Interventions Cheat Sheet for Progress Notes

Eight intervention categories, each with a ready-to-paste documentation example. By Marissa Moore, LPC, LCPC.

## The documentation formula

1. **Intervention used** — name the technique or modality.
2. **Therapist action** — a strong verb (modeled, challenged, taught), not “discussed.”
3. **Client response** — what shifted or how the client engaged.
4. **Plan** — homework, referral, measure to readminister, or next-session focus.

Intervention type	Clinical focus	Example of how to document it
<b>Cognitive &amp; behavioral</b>	Identifying unhelpful thoughts, reducing avoidance, building healthier routines	<i>“Challenged catastrophic thought patterns and introduced a thought record to help the client identify cognitive distortions.”</i>
<b>Mindfulness &amp; somatic</b>	Calming physical symptoms of anxiety, building body awareness	<i>“Led the client in a 5-4-3-2-1 sensory grounding exercise to interrupt rumination and reduce physiological hyperarousal.”</i>
<b>Dialectical behavior therapy (DBT)</b>	Distress tolerance, emotion regulation, interpersonal effectiveness	<i>“Reviewed TIPP skills for acute emotional surges and role-played the DEAR MAN skill to practice assertive boundary setting.”</i>
<b>Trauma-focused (TF-CBT)</b>	Processing trauma, building safety and affect regulation, involving caregivers	<i>“Provided psychoeducation on fight-flight-freeze responses and guided the client in building a trauma narrative to reframe the event.”</i>
<b>Psychoeducational</b>	Increasing insight into symptoms, triggers, and coping tools	<i>“Provided psychoeducation on the neurobiology of trauma and assigned a handout on emotional regulation strategies for use between sessions.”</i>
<b>Supportive &amp; emotion-focused</b>	Creating space for emotional processing and self-compassion	<i>“Modeled validation and empathic responding while the client processed grief about a recent relational conflict.”</i>
<b>Relationship-based</b>	Strengthening communication and repairing relational patterns	<i>“Facilitated dialogue between partners to practice ‘I’ statements and modeled validation to encourage perspective-taking.”</i>
<b>Crisis &amp; safety</b>	Stabilizing immediate risk and ensuring ongoing support	<i>“Assessed for suicidal ideation, plan, and intent, and collaboratively updated the client’s crisis safety plan, identifying local supports.”</i>

## Strong documentation verbs

- Assessed Challenged Modeled Taught Explored Reframed Validated Reinforced Identified  
 Processed Encouraged Monitored Reflected Educated Problem-solved Elicited

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