



Minimum Viable Progress Note

Neurodivergent Therapist's Toolkit · Marissa Moore, LPC, LCPC

Five fields, nothing more. Fill these in right after the session while it is fresh — or print a stack and keep them on your desk. The fixed structure means your brain never has to re-decide what belongs in a note.

DATE

SESSION #

CLIENT INITIALS

1 Presenting issue What the client brought in today

2 Intervention Specific technique or approach used

3 Client response Engagement, affect shifts, insight, homework

4 Risk SI / HI denied, or specify and document the plan

5 Plan Next-session focus, homework, frequency

Keep it tight. Routine notes do not need to exceed ~150 words. Overwriting adds audit risk, not safety. If a session genuinely warrants more, add it — otherwise five lines is a complete, defensible note.

Filling this in by hand works. Letting Mentalyc draft the full note from the session works better.
mentalyc.com/ai-note-taker