

Family Psychoeducation Individual Progress Note

Name: _____ ID# _____ Date: _____

Name of significant other(s) involved in session: _____

Check item if this activity occurred to a meaningful degree, whether successful and /or effective or not. Please use on progress note per session.

JOINING SESSION

- Socializing with family and patient
- Exploration of precipitating factors to illness
- Review of prodromal symptoms/signs
- Family's reaction to the illness
- Family's coping strategies, successful and Unsuccessful
- Social network and other support resources
- Preparation for multifamily group
- Goals for the treatment and likely length of Treatment
- Provide information about illness and course of recovery time

MULTIFAMILY GROUP ONE

"Getting to Know One Another"

- Socializing
- Each individual introduces him, or herself Emphasizing strengths and point of pride
- Participants do not dwell on illness nor criticize others

MULTIFAMILY GROUP TWO

"Living With a Mental Illness"

- Socializing
- Each individual describes how the illness has affected him or her
- Group leaders end session on hopeful theme, emphasizing solving the problems created by the illness and working toward recovery

MULTIFAMILY GROUP OR SINGLE-FAMILY SESSIONS

- Socializing with families and patients
 - A Go-Around, reviewing:
 - Status of employment
 - Recent life events
 - Substance use
 - Applicable guidelines
 - Selection of a single problem
 - Formal problem-solving
 - Problem definition
 - Generation of possible solutions
 - Addressing disadvantages and advantages of each
 - Selection of preferred solution
 - Delineation of tasks and implementation

Clinician Signature _____ Date _____