

PIE Note Example for Mental Health

*This example PIE note reflects a clear and structured approach to documenting a mental health session. The **Problem** is identified based on the client's symptoms and self-report, **Interventions** are outlined with specific actions and rationale, and the **Evaluation** assesses the immediate effectiveness of the interventions while setting the stage for ongoing treatment.*

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PROBLEM

- The client presented with heightened anxiety symptoms this week, reporting increased worry about upcoming work commitments.
- The client reported sleep disturbances and lapses in concentration.
- The client described feeling "on edge" daily and has noticed an uptick in irritability with family and coworkers.

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INTERVENTION

1. **Cognitive Behavioral Therapy (CBT) Techniques:** Applied CBT to help the client challenge their negative thought patterns about work-related failures and reframe these thoughts more positively.
2. **Relaxation Strategies:** Guided the client through a progressive muscle relaxation exercise during the session to help manage physical symptoms of anxiety.
3. **Homework Assignment:** The client was assigned to keep a daily journal of their anxiety triggers and their responses to those triggers using techniques learned in therapy.

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EVALUATION

- The client responded well to the relaxation exercise, noting an immediate decrease in physical tension and expressing a desire to incorporate this regularly.
- They struggled somewhat with cognitive reframing techniques but showed a willingness to continue practicing these.
- The client agreed to the homework assignment enthusiastically, indicating a proactive attitude toward managing their anxiety. Follow-up in the next session will focus on reviewing the anxiety journal and further enhancing cognitive reframing skills.