

ACTIVE VERBS/PHRASES THAT CAN BE USED TO DOCUMENT MENTAL HEALTH SERVICES (MHS) INTERVENTIONS

***This is not an exhaustive list**

Assessment:	Plan Development:
Administered (assessment tool)...	Adjusted MHS treatment services to include/remove...
Assessed for ... (risks, strengths, trauma, etc.)	Clarified plans for MHS treatment services...
Completed assessment...	Created/Developed a plan for MHS services to address ...
Conceptualized...	Discussed MHS treatment and planned for...
Conducted assessment...	Established MHS plan for addressing...
Determined...	Evaluate effectiveness of plan...
Diagnosed...	Explored plan options...
Evaluated...	Explored barriers or challenges in adhering to plan...
Gathered history...	Focused/refocused on planning...
Gathered information...	Gave feedback on plan...
Measured...	Helped client redefine plan...
Observed...	Modified plan...
Screened for...	Monitored progress to plan...
Summarized...	Planned for...
Tested...	Recommended the following MHS treatment...
	Refined plan...
	Reworked plan...
	Tracked the progress of plan...
	Updated plan...
Psychosocial Rehabilitation:	
Assisted with skills development in...	Guided...
Assisted with restoring/improving/preserving functioning in...(communication, daily living, etc.)...by...	Helped develop skills in...for...
Assist with acquiring and improving/mastering ...skill...	Instructed...
Built capacity in ...skill...	Led client/significant support person in practicing...
Clarified skills building technique...	Modeled...
Coached...	Motivated...
Cued...	Observed...
Demonstrated...	Provided education on ... (mental health condition/skills)
Developed ...(strategies) with client/significant support person to address ...	Recommended...
Discussed...	Reinforced...
Directed/redirected...	Reviewed skills/techniques...
Educated/explained/informed...	Role-played...
Encouraged use of skills to address ...	Skill Building in ... (advocacy/assertiveness training, conflict resolution, relaxation techniques, etc.) ... to/for...
Established boundaries/set limits...	Sought clarification of client progress and/or client understanding of skills/technique...
Focused/refocused...	Taught...skill...
Follow up on...	Trained...
Gave/provided feedback...	Worked on skill building...

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Therapy:

Addressed client's concerns...	Instructed...
Addressed worries/fears...	Interpreted... (thoughts, themes, etc.)
Assigned task/homework...	Introduced...(concept, strategy, technique, etc.)
Assisted client in/with...by...	Investigated...
Challenged beliefs/thoughts...	Led client in practicing...
Clarified/Sought clarification of...	Listed client's... (concerns, strengths, behaviors, etc.)
Collaborated with...on...	Modeled...
Connected comments about...with...	Modified (increased/decreased/adapted/adjusted)...
Confronted...	Monitored...
Contracted for...	Observed...
Coordinated...	Obtained...
Created...	Probed...
De-escalated...	Processed...
Developed strategies for... (issue) (describe strategies)	Problem solved...
Developed behavioral program for... (issue) (describe program)	Provided...for...
Discussed...	Provided a corrective social experience...
Directed/Redirected...	Provided cognitive restructuring...
Educated/informed...	Provided feedback...
Elicited...	Recommended...
Encouraged...	Redefined...
Established boundaries...	Referred to...(clinical strategies) for...
Established connections between...	Reflected...
Examined benefits/consequences (pros/cons)...	Reframed...
Explained...	Reinforced...
Explored... (e.g. history, trauma, risks, cognitions, self-defeating life patterns and beliefs, pros and cons, etc.)	Responded to...
Explored options in/for...	Restated...
Evaluated...	Reviewed with client...
Facilitated...	Role-played...
Focused/refocused on...	Set limits...
Follow-up on...	Skill building in... (assertiveness training, relaxation training, etc.)...to/for...
Gave feedback...	Summarized...
Guided...	Supported...by...
Helped client develop/increase awareness...by...	Taught...skill...
Helped client develop skill in...for...	Tracked...
Helped client redefine...	Used/utilized... (therapeutic technique - such as desensitization, imagery/visualization, etc.) to/for...
Identified (themes, triggers, etc.)...	Verbalized...
Implemented...to address...	Worked on...