

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

***This is not an exhaustive list**

Assessment:	Plan Development:
Assessed for ... (risks, strengths, trauma, etc.)	Clarified plan...
Analyzed...	Coordinated...
Completed assessment...	Created/Developed plan for ... (issues) (describe plan)
Conducted assessment...	Discussed planning...
Determined...	Established plan for...
Evaluated...	Evaluate effectiveness of plan...
Gathered history...	Explored plan options...
Gathered information...	Focused/refocused on planning...
Reviewed...	Gave feedback on plan...
Tested...	Helped client redefine plan...
	Modified/adjusted plan...
	Monitored adherence to plan recommendations...
	Planned for...
Rehabilitation:	Collateral:
Assisted client in/with...by developing skills in...	Assisted significant support person in/with ... to support client...
Clarified skills building technique...	Clarified skills building technique
Cued...	Coached significant support person...
Discussed...	Demonstrated...
Directed/redirected...	Educated/informed significant support person...
Educated/explained/informed...	Encouraged significant support person to assist client in...
Encouraged...	Expanded knowledge on...
Established boundaries/set limits...	Explained ... to significant support person...
Focused/refocused...	Follow up on...
Follow up on...	Gave/provided feedback...
Gave/provided feedback...	Guided significant support person...
Guided...	Helped significant support person develop skills in...for...
Helped client develop skills in...for...	Led significant support person in practicing...
Led client in practicing...	Modeled...
Modeled...	Observed...
Observed...	Recommended...
Recommended...	Reinforced...
Reinforced...	Reviewed skills/techniques...
Reviewed skills/techniques...	Role-played...
Role-played...	Sought clarification of client progress and/or understanding of client condition or skills/technique...
Skill Building in ... (advocacy/assertiveness training, conflict resolution, relaxation techniques, etc.) ... to/for...	Taught significant support person in ... skill...
Sought clarification of client progress and/or client understanding of skills/technique...	Trained significant support person in ... skill...
Taught...skill...	Worked on...

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Therapy:

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