**Self-care progress interview - SOAP form**

**Interviewer’s name:**

**Subjective Data:** Subjective = particular to a given person (1). Information the client has related directly to you regarding the status of stressor. This includes: developments, perceptions, barriers, important events, thoughts, feelings, actions, verbalizations, frequency, duration, activities events or events not completed, reasoning, others involved, and other relevant information.

**Objective Data:** Objective = having actual existence or reality (2). Factual information of progress on the action step for stressor (as documented by measurement, observation, and/or other verification). This includes: grades received, class attendance, weight, appearance, hours worked, bills paid, visits made, telephone contacts, events attended, Skypes, and e-mails.

1a. Subjective status of stressor (a)

 Objective status of action steps for stressor (a)

 b. Subjective status of stressor (b)

 Objective status of action steps for stressor (b)

 c. Subjective status of stressor (c)

 Objective status of action steps for stressor (c)

2. Identify and describe new stressor: (i.e., coursework, family, work, social life, balancing responsibilities) that she/he/they is experiencing or anticipates encountering from now until the end of the semester and feelings about them:

 a. stressor:

 feelings about stressor:

**Assessment:** Assessment = judgment about something based on an understanding of the situation (3). Use information from the first two areasto formulate an understanding of the client’s stress and attempts at stress management. This is your judgment of the case including a statement of the: causes or contributing factors behind the stress, how the stress is affecting the client’s functioning, how well the client is managing the stress, the client’s strengths & resources, and the client’s needs.

3. Assessment:

**Plan:** Plan = something that somebody intends or has arranged to do (4). Agree upon an immediate plan of action to address stressors. You may choose to keep working on the same stressors if they still exist and/or plan action steps to work on the new stressor. Articulate specific and measurable actions the client will do and with what frequency (i.e., when, how often, where, with whom).

4. Action steps to manage stressors identified in #1 and/or #2:

 a. stressor:

 activity:

 frequency/duration:

 b. stressor:

 activity:

 frequency/duration:

 c. stressor:

 activity:

 frequency/duration:

**Client’s name:**

 Grade \_\_\_\_\_

1. http://education.yahoo.com/reference/dictionary/entry/subjective

2. http://www.thefreedictionary.com/objective

3. <http://www.bing.com/search?FORM=SOLTDF&q=definition+of+assessment&src=IE-> SearchBox

4. <http://www.bing.com/Dictionary/search?q=define+plan&qpvt=definition+of+plan&FORM> =DTPDIA