**DAP NOTE**

**Documenting Client Progress Using DAP Method**

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| **Example of Acceptable DAP Note**  GRP GROUP SESSION\_TOPIC: Recovery Skills  01/03/20XX; 1330 hours; Duration: 40 minutes  **D:** Client stated that “I wanted to talk to my kid about how guilty I feel about my drinking, but I don’t know what to say?” Group gave him some positive feedback and he practiced a role play of talking to his teenaged daughter about his drinking. Tearful at times; gazed down and moved anxiously but mood lifted with support from the group  **A:** Client seems to have gained awareness in how drinking behavior has embarrassed and hurt his teenage children and appears to assume responsibility for his past behaviors.  Client making progress on improving relationship with family (Goal 2, Objective 2) and using the group (non-using coping skill) for strong emotions rather than drinking  (Goal 1; objective 3)  **P:** Client to complete Goal 2, Objective 2 by talking to his daughter about his drinking in next family group session. |