**SOAP NOTE FOR COUNSELOR**

**Subjective Complaint**

"I'm tired of being overlooked for promotions. I don't know how to make them see what I can do." Frasier's chief complaint is feeling "misunderstood" by her colleagues.

**Objective Section**

Frasier is seated, her posture is rigid, eye contact is minimal. Frasier appears to be presented with a differential diagnosis.

**Assessment of Progress**

Frasier is seeking practical ways of communicating her needs to her boss, asking for more responsibility, and how she could track her contributions.

**Plans for Next Session**

Book in for a follow-up appointment. Work through some strategies to overcome communication difficulties and lack of insight. Request GP or other appropriate healthcare professionals to conduct a physical examination.