

Abbreviations for Client Notes

People

Capitalized initials. Usually, client's name
+4, -3. Usually the age of a person relative to client.

bf. Boyfriend
gf. Girlfriend
bro. Brother
sis. Sister
sib. Sibling
ch. Child
ct. Client
f. Father
m. Mother
hus. Husband
wf. Wife
mgf. Maternal grandfather
mgm. Maternal grandmother
pgf. Paternal grandfather
pgm. Paternal grandmother

Documents

24hr diary. Record form requesting activities each hour
5col. Five column cognitive challenging form
BAI. Beck Anxiety Inventory
BDI. Beck Depression Inventory II.
PAI. Personality Assessment Inventory

Common words

appt. Appointment
attn. Attention
avail. Available
beh. Behavior
co. Company
conv. Conversation
disc. Discussion
E. Experiment
emot. Emotion
empl. Employed, employment
enc. Encourage, encouraged
ex. Example
exer. Exercise
fr. From, friend (context)
frus. Frustrated, frustration

fu. Followup (of previous work)
hr. Hour
imm. Immediate
incl. Including
inted. Interested
L. Language
max. Maximum
min. Minimum, minute
neg. Negative
pd. Paid
phys. Physical, physiological
pos. Positive
re. about
reass. Reassurance
rec. Recommend, recommended
rel. Relaxation
reln. relationship.
RTW. Return to work
sch. School
sitn. Situation
soc. Social
sugg. Suggest, suggested
tho. Though
thot. Thought
ult. Ultimate
v. Very
w. With
w/o. Without
wk. Week or work (context)

Therapy tasks and interventions

adepr. Antidepressant
benz. Benzodiazepine
cogintro. Discussion of cognitive therapy concepts
diabr. Diaphragmatic breathing training
emotintro. Discussion of emotional tolerance concepts
ERP. Exposure and response prevention
h/o. Information handout.
med. Medication
PMR. Progressive muscle relaxation
strman. Stress management concepts