

Mental Wellness Progress Assessment

Date: [Insert Date]

To: [Client's Name]

From: [Your Name]

Subject: Mental Wellness Progress Assessment

Assessment Summary

During our recent sessions, we have focused on [briefly describe topics or issues addressed]. This letter serves to assess your progress and highlight areas of improvement.

Progress Summary

- Positive Developments: [List positive changes or improvements]
- Challenges Encountered: [List any challenges faced]
- Emotional Well-being: [Brief assessment of emotional state]

Goals Moving Forward

Based on our discussions, the following goals have been set for you moving forward:

1. [Goal 1]
2. [Goal 2]
3. [Goal 3]

Next Steps

We will continue to work on these goals in our upcoming sessions. Please feel free to reach out with any questions or concerns.

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]