

THERAPY PROGRESS NOTE

DATE OF SESSION	8/9/2023		
LOCATION OF SESSION	VIRTUAL	DURATION OF SESSION	45 minutes

PATIENT DEMOGRAPHIC INFORMATION

CLIENT NAME	JOHN DOE	DATE OF BIRTH	12/12/2000
CURRENT PSYCHIATRIST	JON JOHNS, MD		

PRESENTING PROBLEM	Client reports feeling overwhelmed at work and has experienced episodes of panic over the past two weeks.
SESSION CONTENT	Client discussed recent challenges at work, including increased workload and interpersonal conflicts with a colleague. Expressed feelings of inadequacy and fear of making mistakes. Described a recent panic episode at work that resulted in taking a sick day. Briefly touched on childhood memories of high expectations and related feelings of anxiety.
INTERVENTIONS	Utilized cognitive restructuring to address maladaptive thought patterns, leading to feelings of inadequacy. Taught deep breathing and grounding exercises to manage acute anxiety. Explored past experiences that might contribute to current feelings of anxiety and fear of judgment.
CLIENT RESPONSE	The client was receptive to interventions and actively participated in cognitive restructuring exercises. Demonstrated understanding of deep breathing and grounding techniques. Became tearful when discussing childhood memories but expressed appreciation for the opportunity to explore these feelings.
ThERAPIST'S OBSERVATIONS	The client is motivated and engaged in therapy. Demonstrates good insight into patterns of behavior and thought. With continued work, I am hopeful that the patient will develop effective coping strategies for managing work-related stress and anxiety.

MENTAL STATUS EXAMINATION

Client presents in casual attire, appearing stated age. Maintains appropriate eye contact throughout the interview and is cooperative, though somewhat reserved. Speech is of normal rate and volume, with clear articulation. Client describes mood as "okay" and affect is congruent, restricted but euthymic. Thought processes are linear and goal directed. Thought content is without any overt delusions, hallucinations, suicidal, or homicidal ideation. Cognition appears intact, alert and oriented to person, place, and time. Client demonstrates good immediate recall. Insight into current situation seems partially limited, and judgment appears adequate.

RISK ASSESSMENT

No indications of suicidal or homicidal ideation. No concerns about harm to self or others currently.

DIAGNOSTIC IMPRESSIONS

Major Depressive Disorder, Recurrent, Moderate
Generalized Anxiety Disorder

PLAN FOR NEXT SESSION

Continue to delve into past experiences and their connection to current feelings of anxiety. Begin discussing strategies for effective communication and assertiveness at work. Review homework assignments and progress in cognitive restructuring.

RETURN TO CLINIC Every week

Instructed the client to call our office immediately if symptoms worsen. Instructed the client to call 911 or go to the nearest emergency room if experiencing suicidal thoughts, homicidal thoughts, or any other medical and/or psychological crisis.

 8/9/2023
JOHN DOE, LMFT, Psychotherapist

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