

Name: [REDACTED]

ID #: [REDACTED]

**Diagnosis:** 299.00 Autism Spectrum Disorder

**Patient Status:**

**Mood and Affect:** Irritated, sleepy, and content with being here.

**Alertness:** x 3

**Cooperation:** Good

**Changes in Medication(s):** Patient has not been taking her medication as prescribed. She reports that it makes her very sleepy and that she is sleeping all of the time now. Parents have an appointment in two weeks with agape to discuss this with her doctor.

**Changes in Environment:** Patient lives with mom, dad, and 6 other children in the house.

**Risk Assessment:** No current threats of SI/HI. No attempts or thoughts of harming herself since 1/13/20.

**Therapy with Patient:**

**Presenting Issue(s) from Patient:** Mother referred patient for behavior therapy due to concerns with meltdowns, aggressive behavior, anger management, as well as the need for healthy coping skills. Today mother asked to meet with me privately before I met with the client. Parents expressed concerns with behavior, medication, as well as attitude. The client's father has brought her to the past two appointments. Dad reported two big meltdowns since our last session, and that one of them got violent with the client throwing objects and putting a hole in the wall. Father reported again that the mother is not allowing the client to "take a break" and that the client is constantly talking back and not doing her chores. Client's grades have also slipped, and she is sleeping more than awake.

**Interventions Discussed/Demonstrated:** I met with patient today for counseling. We discussed what was going on and how the client felt about this. We worked on what it was that the client really wants. She stated, "I just want to be a good kid". She admitted that she struggles with talking back and expressing to her parents when she needs a break. We worked on learning to stop and think before we speak. I spent a lot of time talking with her and her father about the importance of a break and that they all need to be using the tools I am providing them at home in order for this to work. The mother called me after the appointment and I discussed all of this on the phone with her. Mother agreed to come to the next session where we can all sit down and discuss all of this together.

**Progress toward Treatment Goals/Limitations:** Working on identifying and using coping strategies.

**Therapist Recommendations:** Patient is to work with parents to successfully take breaks when she is feeling overwhelmed as well as stopping and thinking before she talks back. Continue using the 5-point scale.

**Therapist:** Karissa Goodman, BSW

**Date:** 3/9/2020