

Mike Hoback, MSW Intern

Adult Progress Notes

Client: [REDACTED]

Date: 9/20/11

Contact Type: Ind Cpl _____ Fam _____ Contact Length: 1ST Session

DSM IV – TR Diagnosis (if applicable): N/A

Symptoms:

- | | | |
|---|---|--|
| <input checked="" type="checkbox"/> Anxiety | <input checked="" type="checkbox"/> Worry | <input type="checkbox"/> Fear/Phobia |
| <input type="checkbox"/> Abuse | <input type="checkbox"/> Trauma | <input type="checkbox"/> Flashbacks |
| <input type="checkbox"/> O/C behaviors | <input type="checkbox"/> Attention Diff | <input type="checkbox"/> Poor impulse control |
| <input type="checkbox"/> Suicidal Id | <input type="checkbox"/> Homicidal Id. | <input type="checkbox"/> Atypical eating pattern |
| <input checked="" type="checkbox"/> Sleep Dif. | <input type="checkbox"/> Somatic Concerns | <input type="checkbox"/> Substance Abuse |
| <input type="checkbox"/> Addiction | <input type="checkbox"/> Grief/Loss | <input type="checkbox"/> Marital Issues |
| <input type="checkbox"/> Div. /Sep | <input checked="" type="checkbox"/> Relationship Issues | <input type="checkbox"/> Family Issues |
| <input checked="" type="checkbox"/> Self Esteem | <input type="checkbox"/> Trust Issues | <input checked="" type="checkbox"/> Phase of Life Adj. |
| <input type="checkbox"/> Med/Pain | <input type="checkbox"/> Spiritual Issues | <input type="checkbox"/> Legal Issues |
| <input type="checkbox"/> Boundaries | <input checked="" type="checkbox"/> Depression | <input type="checkbox"/> Other |

Assessment Presentation:

Focus: Client advised that she has started college classes and has been stressed over upcoming test and homework. She also is having trouble making friends and interacting with others. She advised that her family has high expectations of her and she is fearful that she will not pass her classes. An intake assessment was conducted and I explained the concept of cognitive behavior therapy and how thoughts are can affect our emotions and actions. Client discussed that she had already taken one test in class and failed it and believes that this will continue and that the workload is too much for her to handle. Explained to client that often times it is difficult for individuals to come into a new environment such as school and adjust quickly. We agreed that we would look at solutions that could lower her anxiety levels when dealing with her classes and interactions with others.

Intervention: Relied heavily on solution focused techniques.

Response: Appropriate mood/affect.

Recommendations: Schedule therapy session.

Therapist Signature: _____