

Mike Hoback, MSW Intern

Adult Progress Notes

Client: [REDACTED]

Date: 11/02/11

Contact Type: Ind Cpl _____ Fam _____ Contact Length: 2ND 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 type="checkbox"/> Depression | <input type="checkbox"/> Other |

Assessment Presentation:

Focus: Client stated that she was feeling very stressed today, probably an 8 on a 1-10 scale, (10=high). She is also having concerns about the large amounts of homework being given and not sure if she will be able to complete it all. She has also been having trouble sleeping and is having a difficult time getting along with her roommate. She wants to make new friends but is not sure how she should go about it. She advised that she often believes that people don't like her because she does not look or act like other females. I explained that school often times causes a lot of stress for people because they have to adjust their lifestyles to something different. We agreed that we would discuss issues with her personal interactions with others in the next session because she was so concerned about her upcoming test and was worried that she would get in the room and sit down and experience an anxiety attack and not be able to concentrate on the test. We discussed distraction/refocusing and relaxation techniques to help relieve some stress during her test and she agreed she would try these and see how they work.

Intervention: Agreed to try distraction/refocusing and relaxation techniques to help lower her anxiety in her upcoming test.

Response: Appropriate mood/affect.

Recommendations: Try the techniques mentioned and we will discuss results next session.

Therapist Signature: _____