

Mike Hoback, MSW Intern

Adult Progress Notes

Client: [REDACTED]

Date: 11/28/11

Contact Type: Ind  Cpl \_\_\_\_\_ Fam \_\_\_\_\_ Contact Length: 3<sup>RD</sup> 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 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 advised she was less stressed today and has been doing well on her school work. We discussed the two techniques she used last week which were distraction/refocusing and relaxation and she stated she had good results with the distraction/refocusing method and it actually helped her to concentrate on the task at hand however she did not try the relaxation technique. She stated she is still having anxiety issues when attempting to meet new people because she thinks they don't like her before they even meet her. We discussed how meeting new people is often normal for many individuals and we can try and work on some techniques that may be able to help her achieve that goal. We went over graded exposure and keeping an activity list and started filling out the two in the session. She stated she understood how these are supposed to work and will try to start using the graded exposure method and work on the first step which was to just get out of the house. She also agreed to keep an activity list so that we will be able to look at how her anxiety is affecting what she actually gets done this week.

**Intervention:** Went over and explained graded exposure and using an activity list to help client recognize some ways in which she can reach her goal of meeting new people while having less anxiety.

**Response:** Appropriate mood/affect.

**Recommendations:** Continue with therapy as needed.

Therapist Signature: \_\_\_\_\_