Psychotherapy Progress Note

Date and Time: 
Duration: 60 minutes 
Service Code: 90837 
Location: Edison Park 
Participants: Client only 

Diagnosis
F94.1 Reactive Attachment Disorder 
F43.20 Adjustment Disorder, Unspecified 

Patient Presentation
Cognitive Functioning: Oriented / Alert 
Mood: Euthymic 
Functional Status: Intact 
Affect: Appropriate 
Interpersonal: Interactive 

Safety Issues
No safety issues. 

Medications
Geodon and Zoloft- non compliant 

Symptom Description and Subjective Report
Client was engaged in session and discussed recent discord with her family. Client was calm in session and appeared in control of her emotions. 

Relevant Content
Clinician met with client in order to provide therapy services and support. Client discussed her recent holiday and reported having a positive time with her family and her boyfriend and his family. Client acknowledged award moments with her family and her boyfriend but reported that she was able to manage her reactions and responses and was therefore more able and willing to be present with his family as client reported having past discord with her boyfriend's siblings. Client also reported that she was recently ill and reported that she was proud of herself for being able to take care of herself and that her boyfriend was supportive. Client also discussed recent issue that occurred at her house between herself and her mother. Client reported that her mother was making 'digs' at her throughout the day in which client reported that she would ignore and continued to have positive interactions with her sister and father. Client reported that later in that day that her mother began swearing at her and client asked her father to get involved to make her other stop so that it did not escalate. Client reported that later she heard her mother making statements about ways client negatively affects their lives and wanting to make plans to have client leave their home once she turns 18y.o. Clinician provided support as client processed her thoughts and feelings regarding this issue and event. Client reported that she did not respond in the moment and utilized her boyfriend as a support and also noted that she then messaged clinician to schedule a session. Client reported that she later asked her mother to talk about the comments that were made and that her mother denied them but continued to try to encourage her to move out when she is 18y.o. Client reported that she has been civil with her parents but feels betrayed and hurt as well hurt that her mother feels that she is manipulative and does not care about her family. Clinician provided support and validated client's feelings and encouraged client to focus on her goals for self and discussed option for family therapy in the future per client's discretion.
Interventions Used
Psycho-Educational, Cognitive Challenging, Cognitive Reframing, Communication Skills, DBT, Exploration of Coping Patterns, Exploration of Emotions, Exploration of Relationship Patterns, Interactive Feedback, Interpersonal Resolutions, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. To develop healthy coping skills to cope with feelings of anger, frustration, sadness, etc.
   Progress: Maintained

2. To better understand how past has affected current behaviors and functioning.
   Progress: Progressing

3. To develop healthy communication skills with family members and peers or those who client has a relationship with.
   Progress: Maintained

Additional Notes Regarding Goals and Objectives:
Client has shown progress in her communication with her family as well as progress in her ability to provide insight and to process her thoughts and feelings. Client also continues to work on her relationship with her boyfriend and family to improve her ability to manage her anger and her reactions.

Plan:
Client to follow up in 2-3 weeks.

Prescribed frequency of treatment: As Needed
Recommendation: Continue current therapeutic focus

[Signature]
signed this note and declared this information to be accurate and complete on [Signature]