

Overcomers Counseling

Date and Time: January 31, 2022 2:27PM

Clinician: Jennifer Luttmann, LPC, ACS

Patient: One Example, DOB 1/11/1980

Diagnosis

F41.1 Generalized Anxiety Disorder

F33.1 Major Depressive Disorder, Recurrent episode, Moderate

The client reports the following symptoms that meet the criteria for GAD based off of the DSM-5; frequent feelings of nervousness or anxiety, symptoms of heightened muscle tension, periods of heart pounding and nausea, tendency to predict the worst, multiple, persistent fears or phobias, conflict avoidance, excessive fear of being judged or scrutinized by others, being easily startled, shy, timid, and easily embarrassed, biting her fingernails, and excessive or senseless worrying. The anxiety causes clinically significant distress in social and educational areas of functioning. The disturbance is not attributable to the physiological effects of a substance or another medical condition and is not better explained by another mental disorder.

The client reports the following symptoms that meet the criteria for MDD based off of the DSM-5; persistent sad or empty mood, loss of interest or pleasure from activities that are normally fun, restlessness, irritability, or excessive crying, feelings of guilt, worthlessness, helplessness, hopelessness, sleeping too much and too little, emotionally eating and restricting food, decreased energy, fatigue, feeling "slowed down," difficulty concentrating, remembering, making decisions, headaches, digestive problems, persistent negativity and low self esteem, persistent feeling of dissatisfaction. The symptoms cause clinically significant distress in social and educational areas of functioning. The disturbance is not attributable to the physiological effects of a substance or another medical condition and is not better explained by another mental disorder.

Presenting Problem

Client feels she is not handling the separation from her ex well, she can't eat, sleep, or take care of herself. Client reported she is experiencing; frequent feelings of nervousness or anxiety, symptoms of heightened muscle tension, periods of heart pounding and nausea, tendency to predict the worst, multiple, persistent fears or phobias, conflict avoidance, excessive fear of being judged or scrutinized by others, being easily startled, shy, timid, and easily embarrassed, biting her fingernails, persistent sad or empty mood, loss of interest or pleasure from activities that are normally fun, restlessness, irritability, or excessive crying, feelings of guilt, worthlessness, helplessness, hopelessness, sleeping too much and too little, emotionally eating and restricting food, decreased energy, fatigue, feeling "slowed down," difficulty concentrating, remembering, making decisions, headaches, digestive problems, persistent negativity and low self esteem, persistent feeling of dissatisfaction, and excessive or senseless worrying.

Treatment Goals

The client reports her individual goal is to engage in individual therapy to reduce her symptoms from a 7-8 to a 3-4 on a scale of 1-10 with 1 being no symptoms. The client stated her goals are to "be more assertive, more confident, increase my ability to set boundaries, and be a better mom."

The client reports her discharge goal is to reduce her symptoms so that she is able to "engage in my personal relationships without feeling anxious or depressed," and "I will be able to feel good about myself."

The client actively engaged in the development of this treatment plan and was offered a copy.

Estimated Completion: 5 Months

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Objective #1

Client agrees to use her strengths of being brave and courageous, to learn and use 1-5 coping skills (at a minimum of 1 time daily) such as breathing, grounding, etc. to reduce her symptoms from a 7-8 to a 3-4 on the scale noted above. Progress will be measured per client's reports and clinician observations.

Treatment Strategy / Interventions: CBT, Cognitive Challenging, Cognitive Refocusing, Cognitive Reframing, Communication Skills, Compliance Issues, DBT, Exploration of Coping Patterns, Exploration of Emotions, Exploration of Relationship Patterns, Focused/Expansion Mindfulness/BSP, Focused Mindfulness/BSP, Guided Imagery, Internal Family Systems, Imaginal Nurturing, Interactive Feedback, Interpersonal Resolutions, Mindfulness Training, Preventative Services, Psycho-Education, Relaxation/Deep Breathing, Review of Treatment Plan/Progress, Role-Play/Behavioral Rehearsal, Somatic processing, Structured Problem Solving, Supportive Reflection, Symptom Management
Estimated Completion: 5 Months

Objective #2

Client agrees to use her strengths of being caring, kind, and curious to learn and use 1-5 emotional identification and regulation skills (in 1 out of every 3 opportunities that arise) such as; RAIN, somatic processing, focused mindfulness, etc., to reduce her symptoms from a 7-8 to a 3-4 on the scale noted above. Progress will be measured per client's reports and clinician observations.

Treatment Strategy / Interventions: CBT, Cognitive Challenging, Cognitive Refocusing, Cognitive Reframing, Communication Skills, Compliance Issues, DBT, Exploration of Coping Patterns, Exploration of Emotions, Exploration of Relationship Patterns, Focused/Expansion Mindfulness/BSP, Focused Mindfulness/BSP, Guided Imagery, Internal Family Systems, Imaginal Nurturing, Interactive Feedback, Interpersonal Resolutions, Mindfulness Training, Preventative Services, Psycho-Education, Relaxation/Deep Breathing, Review of Treatment Plan/Progress, Role-Play/Behavioral Rehearsal, Somatic processing, Structured Problem Solving, Supportive Reflection, Symptom Management
Estimated Completion: 5 Months

Prescribed Frequency of Treatment

Weekly

I declare that these services are medically necessary and appropriate to the recipient's diagnosis and needs.

Jennifer Luttmann, LPC, ACS, Therapist, License #LPC.0006503 signed this note and declared this information to be accurate and complete on August 1, 2022 at 12:17PM.