

Overcomers Counseling

Date and Time: January 31, 2022 4:52PM

Clinician: Jennifer Luttmann, LPC, ACS

Patient: Three Example, DOB 3/3/1985

Diagnosis

F33.2 Major Depressive Disorder, Recurrent episode, Severe

The client reports the following symptoms which meet the criteria for Major Depressive Disorder, Recurrent Episode, Severe: (any criteria not met have been left out)

- A. Five (or more) of the following symptoms have been present during the same 2-year period and represent a change from previous functioning; at least one of the symptoms is either (1) depressed mood or (2) loss of interest or pleasure.
1. Depressed mood most of the day, nearly every day, as indicated by subjective report.
 2. Markedly diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day.
 4. Hypersomnia nearly every day
 5. Psychomotor agitation nearly every day
 6. Fatigue or loss of energy nearly every day
 7. Feelings of worthlessness nearly every day
 8. Diminished ability to think or concentrate, or indecisiveness, nearly every day
 9. Recurrent thoughts of death, recurrent suicidal ideation without a specific plan, or a suicide attempt or a specific plan for completing suicide.
- B. The symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.
- C. The episode is not attributable to the physiological effects of a substance or to another medical condition
- D. The occurrence of the major depressive episode is not better explained by schizoaffective disorder, schizophrenia, schizophreniform disorder, delusional disorder, or other specified and unspecified schizophrenia spectrum and other psychotic disorders.
- E. There has never been a manic episode or a hypomanic episode.

Presenting Problem

The client reported struggling with life changes including moving back to Colorado Springs from Denver, living with her parents again, inconsistent vocational history, and being in school. She reported difficulty with a lack of independence and figuring out "how not to move again." She stated it is difficult for her to "hold a job here" because she "doesn't connect with Colorado Springs," but reported she is beginning a new job at Amazon by the end of the month. The client reported her symptoms of depression include anhedonia, lack of interest, poor motivation, hypersomnia, agitation, mood swings, poor social support, low self-esteem, difficulty forming/maintaining long-term relationships, and frequent job changes that are "taking a toll mentally." She expressed suicidal thoughts a few days prior to her intake appointment due to her parents being gone for the weekend and feeling lonely. She rated her depression as a 7/10 (with 10 being the most severe) and has been experiencing depression since 13 years old. She also reported a history of anxiety and stated she manages her anxiety "fairly well" rating her anxiety as a 3/10 (with 10 being the most severe).

Treatment Goals

The client stated her first goal is to "work towards improving my independence and having more self-compassion." The client stated her second goal is to "reduce my depression and get rid of my suicidal thoughts." The client agreed to the use of psychoeducational handouts and worksheets to work towards her identified goals.

The client reported she will know she is ready to discharge when she is able to report no longer having suicidal thoughts and reducing her depression to a 2/10 or lower.

The client was given a copy of the treatment plan via the client portal.

Estimated Completion: 5 Months

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Objective #1

The client agrees to use her strengths of ambition, self-care practices, and using humor as a healthy coping skill to work towards her goal of improving independence and self-compassion by developing and implementing 3 self-care practices to be used at a minimum of three times weekly and identify a structured routine to practice up to 2 times a week initially. Progress will be tracked via the client's self-report and this clinician's observations.

Treatment Strategy / Interventions: DBT, Exploration of Coping Patterns, Cognitive Challenging, Cognitive Refocusing, Cognitive Reframing, Mindfulness Training, Psycho-Education, Relaxation/Deep Breathing, Review of Treatment Plan/Progress, Structured Problem Solving

Estimated Completion: 5 Months

Objective #2

The client agrees to use her strength of healthy coping skills, open mindedness, and intuition to work towards her goal of reducing symptoms of depression and suicidal thoughts by 50% initially by identifying the severity of her depression and suicidal thoughts on a scale of 1-10 (with 10 being the most severe) and learning 3 healthy coping skills (such as thought stopping, cognitive challenging, and distraction) to be used in 2 out of every 3 opportunities that arise, to help achieve this goal. Progress will be tracked via the client's self-report and this clinician's observations.

Treatment Strategy / Interventions: Cognitive Challenging, Cognitive Refocusing, Cognitive Reframing, DBT, Exploration of Emotions, Exploration of Coping Patterns, Mindfulness Training, Relaxation/Deep Breathing, Psycho-Education, Review of Treatment Plan/Progress, Structured Problem Solving, 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 12:53PM.