

Overcomers Counseling

Date and Time: January 31, 2022 2:59PM

Clinician: Jennifer Luttmann, LPC, ACS

Patient: Two Example, DOB 2/22/1991

---

## Diagnosis

F43.10 Post-Traumatic Stress Disorder, Unspecified

The client reports the following symptoms which meet the criteria in the DSM5 for PTSD: Exposure to actual or threatened death, serious injury, sexual violence; Intrusion symptoms - Involuntary memories, anxiety symptoms, panic symptoms; Avoidance symptoms - Avoids activities and situations because they remind him of stressful past experiences; Negative Cognitions - Blames self, poor outlook on future, increased isolation; and Hyperarousal symptoms - Suddenly feeling as if the stressful event was occurring again - For more than 1 month. The client is experiencing clinically significant distress and his symptoms are not related to SUD or other medical conditions.

## Presenting Problem

The client reports, "It's been a long time coming. I am an anxious person all of the time. I have a lot of undealt with crap from my childhood." The client endorsed primary complaints of anxiety, re-experiencing symptoms, anger reactivity, and irritability. He endorsed chronic feelings of "not being good enough," struggling with perfectionism, over-thinking, "pandering personalities" or mirroring others to be included/disconnect from his authentic self, excessive worrying, ruminating thoughts, flashbacks, fight-or-flight responses, emotional avoidance, not knowing "Who I am," poor sleep, and hypervigilance.

## Treatment Goals

The client reports his goal for treatment is: "I just don't want to feel like my brain is on fire all of the time." The client will use his strengths of insight and his desire to be a healthy, loving father to achieve his therapeutic goals.

The client reports his discharge goal is: "I will be able to feel confident about my ability to be a good father," and the client will report an increased ability to engage in his life fully without being hindered by his PTSD symptoms.

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

**Estimated Completion:** 5 Months

## Objective #1

The client will use his strength of insight to decrease stress responses and experience fewer episodes where "I worry about things I can't control." The client will decrease over-thinking episodes by learning at least 3 mindfulness skills for grounding and healthy coping with anxiety. The client will report 3 or fewer episodes of intense rumination per week for the next 20 weeks. The therapist will utilize skills from DBT, CBT, relaxation skills training, and various mindfulness training techniques. The client and therapist will know when these goals are achieved as evidenced by the client's self-report and clinical observation.

Treatment Strategy / Interventions: Mindfulness Training, Cognitive Challenging, Cognitive Reframing, CBT, DBT, Relaxation/Deep Breathing

Estimated Completion: 5 Months

Overcomers Counseling

Date and Time: January 31, 2022 2:59PM

Clinician: Jennifer Luttmann, LPC, ACS

Patient: Two Example, DOB 2/22/1991

---

## Objective #2

The client will use his strength of resiliency in order to improve his sleep quality from currently sleeping about 4-5 hours or less of choppy, interrupted, unrestful sleep to 7-8 consecutive, restful hours of sleep per night for at least 130 of the next 150 days. The client will learn skill taught by the therapist utilizing DBT, CBT, relaxation skills training, skills for healthy sleep hygiene, and other various mindfulness training techniques to improve sleep and implement them 6 out of 7 days/nights per week. The client and therapist will know when these goals are achieved as evidenced by the client's self-report of his increased ability to obtain 7-8 hours of restful sleep.

Treatment Strategy / Interventions: Cognitive Challenging, CBT, DBT, Sleep Hygiene, Mindfulness Training, Relaxation/Deep Breathing

Estimated Completion: 5 Months

## Objective #3

The client will use his strength of wanting to be a healthy, loving father to decrease fight-or-flight responses or what the client describes as being "Easily triggered by anything." The client will identify ten triggers to his mood instability or increased anxiety and learn at least 3 skills for improved emotional self-regulation and improved mood stability. The client will report improved mood stability and using self-regulation skills successfully for at least 120 of the next 150 days. The therapist will utilize skills from DBT, CBT, relaxation skills training, EMDR, parts work/IFS, and other various mindfulness training techniques. The client and therapist will know when these goals are achieved as evidenced by the client's self-report and clinical observation.

Treatment Strategy / Interventions: Cognitive Challenging, CBT, DBT, Sleep Hygiene, Mindfulness Training, Relaxation/Deep Breathing, EMDR, Internal Family Systems/Parts Work

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 12:39PM.