

Client Name: Lisa Fireplace Medical Record Number: 052E-455
 DOB: 09/08/1999
 Treating Clinician: Scott Sample ms Provider: Laura Sample

Date of service	Duration	Service Location	Location Code
Wed May 31 2023	1 hour(s) 0 minute(s)	Telehealth Provided in Patient's Home	10

Description	Code
Counseling 30 min	90532

Diagnostic Codes

[F419] Anxiety disorder, unspecified

BEHAVIOR

Client said they were waking up in the middle of the night and having difficulty returning to sleep. Difficulty getting out of bed in the morning. Missed work once because of it. Reported that they felt "sad most of the time" and "alone". Looked tired and lethargic. Therapist noted slumped shoulders and self-defeating comments. Client appears to be gaining weight. Fresh cut marks observed on upper arm.

INTERVENTION

Conducted cognitive restructuring using completed thought record. Scheduled video contact with brother. Assessed for suicidality. Discussed alternatives to cutting behavior and crisis management procedures.

RESPONSE

Seemed embarrassed when confronted with cutting behavior but did discuss it openly. Despite cutting, did not voice any suicidal ideation. Completed homework from last time. Seems engaged with therapy but not with the rest of life.

PLAN

Meet next week. Phone consultation available if necessary. Cutting behavior and thoughts of self-harm will be revisited next week. Client will complete thought record daily. Client is asked to follow-through on contact with brother.

Goal

Status: New

Enhance ability to effectively cope with the full variety of life's worries and anxieties.

Objectives

Objective	Status
Complete a Cost Benefit Analysis of maintaining the anxiety.	New

Birp Notes Training Manual

W. Taylor



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