

# Treatment Plan

Basic Information			
First Name <b>Riley</b>	Last Name <b>Walter</b>	Date of Birth <b>22/04/2001</b>	Patient Identifier (if known)
Gender <b>Female</b>	Preferred Pronouns <b>She/her</b>	Email <b>rileywalt@gmail.com</b>	Contact Number <b>000 0000</b>
Address <b>123 Sample St, Oakwood</b>		City <b>Houston</b>	State <b>TX</b>
		Zip Code <b>0384</b>	
Treatment Plan			
Patient concern <b>Riley is concerned about her anxiety. She finds herself having frequent panic attacks, without any warning of onset. She struggles to breath, and has started avoiding most social events and situations in fear of triggering further attacks.</b>			
Short term goals <b>Work on breathing techniques, and stabilize emotion regulation.</b>			
Long term goals <b>Exposure therapy to increase ability to partake in social situations of all forms</b>			
Current sleeping patterns <b>Regular 8 hours</b>			
Current exercise patterns <b>Hockey practice twice a week.</b>			
Medications <b>Currently none - advised to recieve prescription Lorazepam 1mg</b>			
Interventions <b>Riley has been provided with breathing techniques to counter panic attacks, and has been prescribed anxiety medication. She has been referred to a anxiety psychologist who she will see next week.</b>			
Clinician Name <b>Olivia Harris</b>	Clinician Designation <b>Dr.</b>	Clinician Signature 	Date <b>11.01.2023</b>

# Sample Treatment Plans

**Karin Nielsen-Saines**



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