

Treatment Plan

Basic Information			
First Name Riley	Last Name Walter	Date of Birth 22/04/2001	Patient Identifier (if known)
Gender Female	Preferred Pronouns She/her	Email rileywalt@gmail.com	Contact Number 000 0000
Address 123 Sample St, Oakwood		City Houston	State TX
		Zip Code 0384	
Treatment Plan			
Patient concern 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.			
Short term goals Work on breathing techniques, and stabilize emotion regulation.			
Long term goals Exposure therapy to increase ability to partake in social situations of all forms			
Current sleeping patterns Regular 8 hours			
Current exercise patterns Hockey practice twice a week.			
Medications Currently none - advised to recieve prescription Lorazepam 1mg			
Interventions 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.			
Clinician Name Olivia Harris	Clinician Designation Dr.	Clinician Signature 	Date 11.01.2023

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