

### **Psychotherapy Progress Note**

Mrs. Little seems to have had an inadequate response to treatment as yet. Symptoms of depression continue to be described. Her symptoms, as noted, are unchanged and they are just as frequent or intense as previously described. Mrs. Little describes feeling sad. Mrs. Little denies suicidal ideas or intentions. Mrs. Little's anxiety symptoms continue. Mrs. Little reports the symptoms of this disorder continue unchanged. The subjective feeling of apprehension is occurring. Hypervigilance is occurring more frequently.

#### **BEHAVIOR:**

Her self care is reduced and less attention is being paid to these tasks. She reports the feeling that the performance of domestic tasks has to be forced and are performed with difficulty. She is socially isolated. Sleep problems are reported. Difficulty staying asleep is reported.

#### **CONTENT OF THERAPY:**

The patient today spoke mainly about issues involving coping with depression. Problems in the family were also discussed by the patient. Mrs. Little shared the following pertinent details during this session: "I miss my husband terribly and wonder if I will ever get over this." Feelings of loss were also expressed. Feelings of grief were also expressed.

#### **THERAPEUTIC INTERVENTION:**

This session the therapeutic focus was on facilitating communication of feelings. Patient urged to ask for help and support from staff member or therapist when feeling depressed. Aimee will use session to deal with grief over loss as demonstrated by the expression of painful feelings along with associated affect. She was encouraged to ventilate. Ways to reduce stress were also discussed with the patient.

#### **Diagnoses:**

Adjustment disorder with depressed mood, F43.21 (ICD-10) (Active)

Generalized anxiety disorder, F41.1 (ICD-10) (Active)

Histrionic personality disorder, F60.4 (ICD-10) (Active)

#### **Instructions / Recommendations / Plan:**

The risks and benefits of outpatient therapy were explained to Mrs. Little. She was encouraged to join a grief support group held at her church.

Return 1 week, or earlier if needed.

#### **Notes & Risk Factors:**

Acute Grief: Death of husband 4/1/15

# Sample Progress Note On Anxiety

**Lippincott Williams & Wilkins**

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the Lippincott Williams & Wilkins text.

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**Mental Health and Psychiatric Nursing**  
Janet L. Davies, Ellen Hastings Janosik, 1991

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web dec 12 2012 the only markings on it are hercules montgomery ward co pat april 20 1915 on the left side of the receiver and pat applied for on the right side it has a single non inertia trigger and a single extractor not ejector the only markings on the barrel read proof tested 12g

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web caliber 12 ga s n 60923 brl length 30 good plus condition break action select forged steel barrel with a bore that shines very bright having a single bead front sight and factory bluing that shows some light freckling spotting and very minor thinning on the muzzle the receiver frame shows some traces of case coloring and freckling with

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web oct 31 2012 the guns were made for and sold by the montgomery ward company a retail chain store with offices in chicago il this gun can be identified as have been made by stevens

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web montgomery ward hercules description guns listing id 649357 used needs to be cleaned ay sold manufacturer montgomery ward model hercules condition used non certified barrels 30 barrel gauge info 16 ga finish blue

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web mar 16 2009 receiver left side hercules nothing else on the exterior receiver inside left rail 99 55 8 i don t know if any of this leads to the model number don t know what guage who this was made for montgomery ward etc this shotgun is as plain as anything i have ever seen nothing ornate

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