

Psychology Case Note

Prepared by: [Your Name]

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Client Information:

The client presented struggles with chronic anxiety difficulties which had been significantly impacting their quality of life and overall functioning. They have been receiving cognitive-behavioral therapy (CBT).

Presenting Issues:

The client reported constant worry, restlessness, and difficulty concentrating as the primary symptoms of their anxiety. They sought help to learn new strategies to cope with their anxiety symptoms.

Treatment and Progress:

Over several weeks of CBT, there has been significant improvement in the client's symptoms. The client has shown remarkable progress in adopting and demonstrating improved coping skills - particularly in the areas of avoiding avoidance behavior, engaging in mindfulness, and reframing cognitive distortions. They have also shown enhanced emotional regulation, able to identify triggers, and effectively manage emotional responses without becoming overwhelmed.

Psychology Case Notes Template

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Bailey, Alice Doherty**



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