

Psychotherapy DAP Note

Psychiatric Social Worker

Date of Exam: 4/28/2012

Time of Exam: 9:00:56 AM

Patient Name: Conner, Andrea

Patient Number: 1000010644560 Improvement is occurring. "My social life now revolves around exercise instead of drinking with my friends."

Problem Pertinent Review of Symptoms: Feelings of anxiety are denied. Andrea denies experiencing dysphoric moods. Sleep disturbance is not reported. Andrea describes rare substance cravings. She denies the temptation to use. Andrea denies use. Andrea reports that she has been regularly attending AA meetings. A sample for urine drug screening was obtained. She has maintained sobriety. Impulsive behaviors are not reported. Content of Therapy: The patient's substance abuse problems were the main issue this session. Feelings of shame were also expressed.

Therapeutic Interventions: The focus of today's session was on helping the patient increase insight and understanding. The main therapeutic techniques used involved the exploration of the patterns of certain behaviors. Therapeutic efforts also included aiding the patient in identifying the precipitants of unproductive feelings and behaviors. . The importance of abstinence was also reviewed.

MENTAL STATUS: Andrea is alert, attentive, casually groomed, and relaxed. She exhibits speech that is normal in rate, volume, and articulation and is coherent and spontaneous. Language skills are intact. Mood is entirely normal with no signs of depression or mood elevation. Affect is appropriate, full range, and congruent with mood. Insight into illness is normal. Social judgment is intact. Signs of chemical withdrawal are exhibited by Andrea. Mild signs of anxiety which appear to be secondary to withdrawal are present.

DIAGNOSES: The following Diagnoses are based on currently available information and may change as additional information becomes available.

Axis I: Alcohol Abuse, 305.00 (Active)

INSTRUCTIONS / RECOMMENDATIONS / PLAN: Link to Treatment Plan Problem: Substance Abuse Short Term Goals: Andrea will make plans for a recreation activity that does not involve alcohol or drugs, within one week.

Target Date: 4/29/2012 ----- Excellent progress in reaching these goals and resolving problems seemed evident today. Recommend that the interventions and short term goals for this problem be re-written at the next Treatment Team meeting.

Sample Case Note Substance Abuse

Julia Schneider



Sample Case Note Substance Abuse:

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Table of Contents Sample Case Note Substance Abuse

1. Understanding the eBook Sample Case Note Substance Abuse
 - The Rise of Digital Reading Sample Case Note Substance Abuse
 - Advantages of eBooks Over Traditional Books
2. Identifying Sample Case Note Substance Abuse
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sample Case Note Substance Abuse
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Case Note Substance Abuse
 - Personalized Recommendations
 - Sample Case Note Substance Abuse User Reviews and Ratings
 - Sample Case Note Substance Abuse and Bestseller Lists
5. Accessing Sample Case Note Substance Abuse Free and Paid eBooks
 - Sample Case Note Substance Abuse Public Domain eBooks
 - Sample Case Note Substance Abuse eBook Subscription Services
 - Sample Case Note Substance Abuse Budget-Friendly Options

6. Navigating Sample Case Note Substance Abuse eBook Formats
 - ePub, PDF, MOBI, and More
 - Sample Case Note Substance Abuse Compatibility with Devices
 - Sample Case Note Substance Abuse Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sample Case Note Substance Abuse
 - Highlighting and Note-Taking Sample Case Note Substance Abuse
 - Interactive Elements Sample Case Note Substance Abuse
8. Staying Engaged with Sample Case Note Substance Abuse
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sample Case Note Substance Abuse
9. Balancing eBooks and Physical Books Sample Case Note Substance Abuse
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sample Case Note Substance Abuse
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sample Case Note Substance Abuse
 - Setting Reading Goals Sample Case Note Substance Abuse
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sample Case Note Substance Abuse
 - Fact-Checking eBook Content of Sample Case Note Substance Abuse
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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