

### **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

**Lingjun Ying**



### **Sample Progress Note On Anxiety:**

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## **Table of Contents Sample Progress Note On Anxiety**

1. Understanding the eBook Sample Progress Note On Anxiety
  - The Rise of Digital Reading Sample Progress Note On Anxiety
  - Advantages of eBooks Over Traditional Books
2. Identifying Sample Progress Note On Anxiety
  - 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 Progress Note On Anxiety
  - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Progress Note On Anxiety
  - Personalized Recommendations
  - Sample Progress Note On Anxiety User Reviews and Ratings
  - Sample Progress Note On Anxiety and Bestseller Lists
5. Accessing Sample Progress Note On Anxiety Free and Paid eBooks
  - Sample Progress Note On Anxiety Public Domain eBooks
  - Sample Progress Note On Anxiety eBook Subscription Services
  - Sample Progress Note On Anxiety Budget-Friendly Options
6. Navigating Sample Progress Note On Anxiety eBook Formats

- ePub, PDF, MOBI, and More
- Sample Progress Note On Anxiety Compatibility with Devices
- Sample Progress Note On Anxiety Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Sample Progress Note On Anxiety
  - Highlighting and Note-Taking Sample Progress Note On Anxiety
  - Interactive Elements Sample Progress Note On Anxiety
- 8. Staying Engaged with Sample Progress Note On Anxiety
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Sample Progress Note On Anxiety
- 9. Balancing eBooks and Physical Books Sample Progress Note On Anxiety
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Sample Progress Note On Anxiety
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Sample Progress Note On Anxiety
  - Setting Reading Goals Sample Progress Note On Anxiety
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sample Progress Note On Anxiety
  - Fact-Checking eBook Content of Sample Progress Note On Anxiety
  - 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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