

INDIVIDUAL THERAPY (341)

P - (Purpose): Individual therapy for anxiety

I - (Intervention): Met with Jerry for scheduled therapy session. Reviewed homework from previous session and discussed potential barriers to continuing with that exercise (working at least 30 minutes per day on his painting). Guided Jerry through decision-making process regarding next steps for his career, including going over pros and cons of his potential choices. Helped Jerry set occupational goals for homework for the next session.

R - (Response): Jerry was oriented, alert, and engaged during the session. He displayed signs of anxiety, including tapping his foot throughout the session, but spoke slowly and calmly. He reported that he did successfully work for 30 minutes each day since the previous session and that the work had gone "easily," though he did not keep a log. He worried that because he was revising existing work, rather than creating new work, that continuing would be harder, but he expressed optimism and a willingness to try. He expressed anxiety about the networking he would have to do to succeed in his chosen career. He agreed to continue to work for at least 30 minutes a day and to write at least one or two people regarding potential work opportunities before the next therapy session. At the end of the session, he reported that his anxiety had decreased from an 8 out of 10 to a 6 out of 10.

PL - (Plan): Two therapy sessions remain. Jerry will also be participating in a Psych Rehab group, which will continue supporting him in setting and achieving goals. Next session 2/15 at 11am.

P - (Purpose): Individual therapy to address Kris's anxiety and paranoia

I - (Intervention): Met with Kris for scheduled therapy session. Reviewed Kris's use of deep breathing during class and other anxiety-provoking situations. Helped Kris identify other anxiety triggers and coping mechanisms. Guided Kris through a decision-making process about asking for extra help at school, and when she might do so, as well as helping her identify study skills she can use to succeed in her class. Provided psychoeducation on how avoidance can reinforce anxiety. Helped Kris develop insight into her progress so far by contrasting her current functioning (school, family, social) with her functioning six months ago.

R - (Response): Kris reported "pure panic" during a recent class, and said she had used simple breathing exercises to help manage the anxiety, which she reported helped. Kris reported significantly increased comfort in her math class, though she resisted acknowledging her own progress in managing her anxiety. She was able to identify several study habits she can use (recopying her notes, finding YouTube tutorials, reminding herself she does not have to be perfect) to help increase her confidence in succeeding and reduce her anxiety. She rated her anxiety as a 6 or 7 out of 10 (10 high) and her depression a 6. She reported confidence that by "taking it easy" after session, she would reduce her anxiety to a 4 or 5.

PL - (Plan): Kris will work on recognizing her progress as a way of building confidence in her entire recovery process, which will reduce her anxiety about her anxiety. Next therapy session on February 22 at 10:30.