

PSYCHIATRIC HOSPITAL
1234 Main Street
Anywhere, USA

**GROUP THERAPY
SUBSTANCE ABUSE SESSION**

Date of Exam: 6/29/2012
Time of Exam: 2:22:39 PM

Patient Name: Smiley, Jennifer
Patient Number: 1000010645495

Session Remarks: Substance Abuse Therapy Note:

Group Type: *Support:* The group was encouraged to interact and to discuss strategies specific maintaining sobriety. The ways the group members reacted to each other was part of the focus of clinical attention.

Present at today's session were the following:

Four members of the group were present today.

Therapist Intervention:

Therapist facilitated discussion about behavior management techniques.
Therapist facilitated discussion about increasing frustration tolerance and problem solving.
Facilitated Group Process
Involved all Group
Kept Group Focused
Helped group members set limits and boundaries
Therapist provided psycho-education regarding behavior management techniques.
Therapist provided psycho-education regarding increasing frustration tolerance and problem solving.
Made Therapeutic Interpretations
Therapist provided support and structure

Plan: Encourage increased participation.

Appearance and Behavior: In today's session Jennifer appeared glum, minimally communicative, and slow. Jennifer was relatively inactive today and did not fully participate in discussions. Jennifer was restless and fidgety today. Jennifer today spoke of feelings of depression. Jennifer spoke about problems in her marriage. Also, Jennifer spoke of feelings of dependency today.

Suicidal ideas or intentions are not in evidence and not expressed.

Mental Status Exam:

She is glum and unanimated. She presents as tense or worried. monotonal, scanty, and soft. She was distracted and inattentive today.
Plan: Continue group.

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

Axis I: Major Depressive Disorder, Single, Severe w/o Psychotic Features, 296.23 (Active)
Alcohol Dependence, 303.90 (Active)

Encouraged to actively participate in group process.
Encouraged to attend at least three sessions a week.

NOTES & RISK FACTORS:

History of Subst. Abuse
Has been self-injurious

Time spent counseling and coordinating care: 55-70 min

Session start: 10:00 AM
Session end: 10:55 AM

Mary Jones, LAC

Electronically Signed
By: Mary Jones, LAC
On: 6/29/2012 2:27:26 PM