

October Boyles, DNP, MSN, BSN, RN  
Sunshine Counseling  
1600 Brightness Way  
Annapolis, MD 21409  
443-347-0990

**Diana Prince**

Chart ID: 0054

DOB: 03-28-1978

### Counseling Note

**Encounter Date:** Friday, July 28, 2023

**Start Time:** 3:02 PM EDT

#### RECENT HISTORY:

Anxiety symptoms have been occurring. These anxiety symptoms are occurring about once a day. Difficulties concentrating are reported. Diana says that as of today the fear of losing control has worsened in frequency or intensity. When anxious, Diana has fears of dying. Continuing panic attacks are reported. Her panic attack symptoms are now occurring a few times a week. She has shortness of breath caused by anxiety. She avoids certain situations because anxiety symptoms occur.

#### VERBAL CONTENT OF SESSION:

Diana discussed her issues with anxiety in today's session. She spoke of her panic attacks.

#### THERAPEUTIC INTERVENTION:

The focus of today's session was on remaining stable and symptom free. This session part of the therapeutic focus was on improving insight, self-awareness, and judgment. Instructions were given to help clarify areas of difficulty and to develop coping skills and to manage anxiety. The patient was provided with a reflection and confrontation of irrational beliefs.

#### LEVEL OF CARE JUSTIFICATION:

Diana continues to need outpatient treatment. She continues to exhibit symptoms of an emotional disorder that interfere with day-to-day functioning and requires continued treatment.

#### DIAGNOSES:

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

**Anxiety disorder, unspecified, F41.9 (ICD-10) (Active)**

October Boyles, DNP, MSN, BSN, RN

Electronically Signed By:  
October Boyles, MSN, BSN, RN  
On: 8/11/2023 7:34:25 PM