

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: Thursday, July 27, 2023

Start Time: 11:04 AM EDT

#### INTERVAL HISTORY:

**Problem Pertinent ROS:** Depressive symptoms are described today. Diana describes anhedonia. She has a poor appetite. Difficulty concentrating is reported. She states crying spells have become more frequent recently. Diana reports episodes of excessive worrying and a worsening of excessive fatigue symptoms. Hopeless feelings are described. There is an increase and worsening in her irritability symptoms. Diana describes feeling sad. She reports that her decreased libido has worsened. Brief, fleeting ideas of suicide are today reported by Diana. She reports difficulty with forming thoughts. Suicidal ideas are today acknowledged but she denies suicidal intentions or plans. Denial is convincing. Actual suicidal plans are denied. Diana today reports that suicidal ideas or impulses are decreasing in intensity and frequency. A firearm is not accessible to Diana.

#### BEHAVIOR:

Self-care skills are intact and unimpaired. Diana's domestic skills are intact. Her relationships with family and friends are normal. Medication has been taken regularly. Diana is performing normally at work. She has maintained sobriety. Her anger is well controlled. Impulsive behaviors are not currently being displayed. Diana's food and water intake is normal. A good night's sleep is reported.

#### ALLERGIES / ADR:

**Adverse Drug Reactions and Allergies/Intolerances:** Adverse Drug Reactions and Allergies/Intolerances were reviewed and no ADRs or Allergies/Intolerances were reported.

#### THERAPY CONTENT/CLINICAL SUMMARY:

The patient expressed many feelings of hopelessness this session. Coping with depressed mood was also discussed. Feelings of low self-esteem were also discussed in today's session.

The therapeutic focus of this session was on improving the patient's self-esteem. Emotional support was given. Coping strategies were also explored with the patient. Diana was counseled regarding the need for compliance with all medical instructions, particularly having to do with medication. Diana was given medication instructions and education. She was counseled and educated regarding the risks and benefits of treatment.

#### DIAGNOSES:

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

**Major depressive disorder, recurrent, moderate, F33.1 (ICD-10) (Active)**

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Electronically Signed By:  
October Boyles, MSN, BSN, RN  
On: 7/27/2023 7:52:23 PM