

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

### Progress Note

**Encounter Date:** Tuesday, August 15, 2023

**Start Time:** 11:03 AM EDT

### RECENT HISTORY:

Diana continues to describe eating disorder symptoms. She today reports that those eating disorder symptoms have worsened and are more frequent or more intense. Diana reports that she has been binge eating. Eating when not hungry has worsened in frequency or intensity. She feels unable to control eating during a binge. She is consuming large amounts of food within a short period of time. Eating until the point that she is in pain continues and is unchanged. Diana continues to describe depressive-related symptoms. Those depressive symptoms have worsened and are today described as more frequent or more intense. She describes experiencing crying spells. Today it is reported that her level of sadness has worsened in frequency or intensity.

### BEHAVIOR:

Diana's self-care skills are reduced and less attention is being paid to grooming. She is having to force herself to perform domestic tasks. She is socializing less with family and friends. She marginally functions at work. Impulsive behaviors continue to be a problem. Diana has gained weight.

### VERBAL CONTENT OF SESSION:

Diana discussed her depressed mood in today's session. She reports feelings of sadness.

### THERAPEUTIC INTERVENTIONS:

The focus of today's session was on improving self-compassion. Patient encouraged to identify precipitating factors for depressed mood. This session the therapeutic focus was on the exploration of patterns of behavior. Help in exploring the patterns of certain behaviors was also provided to the patient. The patient was also encouraged to explore the sources of maladaptive behaviors related to eating. Ways to reduce stress were also discussed with the patient. Diana was counseled regarding nutrition.

### DIAGNOSES:

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

### Binge eating disorder, F50.81 (ICD-10) (Active)

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Electronically Signed By:

October Boyles, MSN, BSN, RN

On: 8/11/2023 7:34:25 PM