

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

Peter Parker

Chart ID: 0054

DOB: 09-14-1998

### Progress Note

**Encounter Date:** Monday, August 14, 2023

**Start Time:** 03:02 PM EDT

#### RECENT HISTORY:

Episodic OCD symptoms are described. Peter complains of persistent and intrusive thoughts of an obsessive type. He reports worsening persistent and intrusive images of an obsessive type. Continuing intrusive and persistent impulses of an obsessive type are occurring. Repetitive and distressing behaviors of a compulsive type are also occurring. Peter describes increased repetitive and distressing mental acts of a compulsive type. Subjective anxiety symptoms are occurring. Difficulty concentrating is described. Motor restlessness associated with anxiety is present. Hypervigilance is present. Peter's behavior in the session was cooperative and attentive with no gross behavioral abnormalities.

#### BEHAVIOR:

Peter's behavior in the session was cooperative and attentive with no gross behavioral abnormalities.

#### VERBAL CONTENT OF SESSION:

Peter today discussed his OCD symptoms.

#### THERAPEUTIC INTERVENTIONS:

This session the therapeutic focus was on reducing symptoms and emotional support. Help in exploring the patterns of certain behaviors was also provided to the patient.

#### LEVEL OF CARE JUSTIFICATION:

Peter continues to need outpatient treatment. He continues to exhibit symptoms of an emotional disorder that interfere with day-to-day functioning and he is unable to alleviate these symptoms on his own.

#### DIAGNOSES:

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

**Obsessive-compulsive disorder, unspecified, F42.9 (ICD-10) (Active)**

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