

PSYCHIATRIC CLINIC
123 Main Street
Anywhere, US 12345
555-678-9100

Smith, Stacey

10/30/2013
3:15:34 PM

ID: 1000010651905

DOB: 9-5-1998

Group Therapy Note

Session Remarks: Group Type: *Eating Disorder Group*: The focus of today's group with the subject maintaining a healthy weight and lifestyle while dealing with societies pressure for each young woman to be "perfect". Group members were encouraged to describe individual pressures they feel to be ultra-thin. They were also encouraged to think about the physical trade off including lack of energy and impaired immune system. Group members were then directed to share and explore methods and strategies for maintaining a healthy lifestyle post discharge.

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.

Extrapolated to Life

Facilitated Group Process

Involved all Group

Kept Group Focused

Helped group members set limits and boundaries

Made Therapeutic Interpretations

Plan: Encourage increased attendance.

(STACEY'S) INDIVIDUAL BEHAVIOR DURING THIS SESSION

Appearance and Behavior: In today's session Stacey appeared calm, glum, minimally communicative, and slow. Stacey was relatively inactive today and did not fully participate in discussions. She stayed the entire session. Stacey was restless and fidgety today. Her body language and movements suggested a sad mood. Today Stacey spoke of family issues. Also, Stacey today spoke of self defeating behavior.

Suicidal ideas are convincingly denied.

Homicidal ideas are convincingly denied.

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Mental Status Exam:

She is glum and unanimated. Her facial expression and body posture suggest an underlying depressed mood. There are signs of anxiety. There are no signs of hallucinations, delusions, a thought disorder or other signs of psychotic process. Stacey's speech is monotonal, scanty, and soft. She was distracted and inattentive today. Affect is blunted.

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

Axis I: **Anorexia Nervosa Restricting Type, 307.1 (F50.01) (Active)**
Axis II: Deferred Diagnosis 799.99
Axis III: See Medical History
Axis IV: Primary Support Group
Social Environment
Axis V: 60

INSTRUCTIONS/RECOMMENDATIONS/PLANS

The risks and benefits of outpatient therapy were explained to Stacey. She is encouraged to take advantage of all group activities, both structured and unstructured that are available daily on the unit. She is also encouraged to actively participate in outdoor recreational activities.

Stacey request a family session with both parents but does not want her younger brother to attend.

NOTES & RISK FACTORS:

History of cutting wrists when profoundly depressed.

90853 Group psychotherapy

Time spent face to face with patient and/or family and coordination of care: 60 minutes

Session start: 12:00

Session end: 13:00

Elizabeth Lobao LCSW

Electronically Signed

Smith, Stacey

ID: 1000010651905

DOB: 9-5-1998

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Group Therapy Note

By: Elizabeth Lobao, LCSW

On: 10/30/2013 3:19:05 PM