

ELIZABETH JONES, MD
Outpatient Psychiatry

Date of Exam: 9/6/2015
Patient Name: Smith, Mia
Patient Number: 1000010660961

COUPLES THERAPY: OUTPATIENT

Marital Therapy Note

Marital / Couple: A failure or lack of emotional support is part of the focus of therapy for this couple. Different sexual expectations and needs are a source of this couple's problems and a focus of treatment. Excessive dependency on parents is a problem issue in this couple's relationship and a focus of treatment. No communication or poor communication is a problem for this couple and a focus of their therapy.

Present at today's session were the following:

The Couple: Mia and Stephen Smith

Group Leader Interventions: A focus of treatment today was assisting the couple to express their needs in a positive and trusting way, instead of criticizing the partner. In therapy today the couple was encouraged to explore what they see in each other that is good and what had initially drawn them to each other. Therapeutic efforts were directed toward reducing reactivity between this couple. Therapeutic work centered around techniques to reduce blame and to teach ownership of one's own vulnerability. Helping this couple accept or "own" their vulnerability instead of blaming the other was the focus of therapy today. Another focus of therapy today was teaching the couple to listen to each other without judgment or rebuttal.

Mrs. Smith today spoke of self-defeating behavior. In addition, Mrs. Smith today spoke of issues associated with substance abuse. Mrs. Smith describes substance cravings. She admits she was tempted to use. Mrs. Smith denies use. Mrs. Smith reports that she has been regularly attending AA meetings.

Mr. Smith stated, "I am so proud of my wife stepping up and handling this important issue. It gives me hope for the future."

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

Alcohol Use Disorder, Moderate, 303.90 (F10.20) (Active)
Essential Hypertension, 401.9 (Active)

Instructions/Recommendations/Plans

Increase participation for both parties during the couples therapy session.
Attend couples therapy three evenings a week.

NOTES AND RISK FACTORS

History of Subst. Abuse
Marital Discord

90837 Psychotherapy 60 min.

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

Session start: 2:00 PM
Session end: 3:00 PM

Elizabeth Lobao (MD)

Electronically Signed
By: Elizabeth Jones, MD
On: 9/13/2015 7:08:46 AM