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Sunshine Counseling
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443-347-0990

Peter Parker

Chart ID: 0054

DOB: 09-14-1998

Progress Note

Encounter Date: Wednesday, August 2, 2023

Start Time: 03:38 PM EDT

RECENT HISTORY:

Peter has symptoms of PTSD. He reports daily occurrences of these symptoms. His difficulty concentrating has worsened in frequency or intensity. Flashbacks have worsened in frequency or intensity. Irritability or outbursts of anger are continuing unchanged. He says that as of today the recurrent memories have worsened in frequency or intensity. He describes feelings of hypervigilance. Peter experiences emotional distress when reminded of the traumatic event.

BEHAVIOR:

Compliance with medication is irregular. Peter's self-care skills are reduced and less attention is being paid to grooming. He is socially isolated. Functioning at work is impaired. Peter's anger is poorly controlled. Impulsive behaviors continue to be a problem. Sleep problems are present. Peter has difficulty falling asleep and staying asleep.

VERBAL CONTENT OF SESSION: Peter discussed problems he is having at work in today's session. He also discussed his issues with anxiety and anger in today's session.

THERAPEUTIC INTERVENTIONS:

A goal of today's session was to improve Peter's coping skills. His ability to manage stress was also one of the goals of today's session. Peter was given emotional support, structure, and unconditional positive regard. He was encouraged to ventilate his feelings.

MENTAL STATUS EXAM:

Peter appears guarded, distracted, and anxious. He exhibits speech that is normal in rate, volume, and articulation and is coherent and spontaneous. Language skills are intact. His affect is congruent with mood. There were no signs of psychotic symptoms this session. He denies having suicidal ideas. Insight into problems appears fair. Judgment appears fair. There are signs of anxiety. Peter is restless. Peter is fidgety. Peter made poor eye contact during the examination.

RATING SCALES:

The GAD-7 Test: The GAD-7 is a self-administered questionnaire and screen to detect and determine the severity of Generalized Anxiety Disorder. Peter obtained a result between 15-21, suggesting a Severe Anxiety Disorder. Scores above 10 suggest the need for further evaluation. His exact score is 19.

CURRENT STRESSORS:

Serious problems at work are reported. Personality conflicts at work are described. Peter's work problems have resulted in the possible loss of his job.

LEVEL OF CARE JUSTIFICATION: Peter continues to need outpatient treatment. He continues to exhibit symptoms of an emotional disorder that have an adverse effect or impair his work performance 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: **Post-traumatic stress disorder, chronic, F43.12 (ICD-10) (Active)**