

Date: **15 Feb 2021**

Professional: **Catherine Moore**

Client: **Alan Ellis**



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## 6/2/21 Generalized Anxiety Disorder

### SECTION 1

#### Behavior

Visited the patient at the Sunshine Community Clinic. Based on today's psychological assessment, the patient has moderate symptoms of anxiety.

Most recently, he demonstrated negative affect, and his movements were tense and shaky. He reported feeling frightened and exhausted all week and seemed aggravated while talking. The patient reports that he has stopped taking the prescribed SSRIs.

### SECTION 2

#### Intervention

Applying cognitive restructuring techniques, the practitioner reframed the patient's concerns and modeled mental coping strategies for trigger events.

The therapist also supported the patient through talk therapy, coaching him to rationalize his 'worst case' thinking patterns. Discussed the client's decision to cease his medication and encouraged him to renew his prescription. Recommended that patient schedule a meeting with GP this week to discuss changing dosage.

Recommended that the client meets with his Psychiatrist as soon as possible to discuss his (patient's) concerns about medication.

### SECTION 3

#### **Response**

When confronted about SSRI cessation, the patient responded by describing his reluctance to refill his prescription in person. The patient described fears about being judged by others at the clinic concerning requiring mental health treatment.

When the appointment finished, the patient agreed to meet with his GP on Tuesday.

### SECTION 4

#### **Plan**

Follow-up session scheduled for July 3rd.

#### **Goals include:**

1. Evaluate client medication compliance and
2. Continue assessing anxiety-related symptoms.