



Date: 24 Aug 2021 11:14

Professional: Catherine Moore

Client: Alan Ellis

Counseling DAP Note

Data

Alan presented for session neatly and casually dressed and groomed. He reported he has continued to take his prescribed anxiety medication and feels "well". Alan reported he is doing and feeling "fine" overall. Alan spent the session discussing his plans to resume college study and his concerns about getting started. Alan discussed how his concerns are related to balancing his time with work.

Assessment

Alan engaged actively in today's session. He presented as clear-headed and able to discuss his feelings.

Alan was able to identify protective factors for anxiety management and stress management techniques to implement if he feels panicked. Alan identified two other people he can call for support to assist with resuming his studies.

Plan

Next appointment is 9/26/21 @ 9:00 AM.