

SOAP Note for Psychotherapy

Patient Information

First Name: Liam

Surname: Taylor

DoB: 17/08/1992

Date: 11/15/2022

Subjective

Liam presents a severe aversion to the dark. Liam states that this has worsened over the course of the last month, and he feels "I cannot sleep, because when I close my eyes, the darkness is there. I have to have lights on constantly, and I'm coming to work more tired because of it."

Liam demonstrates severe anxiety when in dark environments, and that he can no longer go to the cinemas because of these moments of panic. He states that "my heart races and feels like it's about to explode, and my hands become super clammy. I instinctively look for exits and try to calm myself down."

Objective

When prompted, Liam reasons that this is due to his time deployed overseas. Liam avoids eye contact when discussing this, and showcases evident discomfort.

Liam talks to me with a rigid position, and shaky hands when discussing his experience, which is indicative of a stress response. He appears fatigued from lack of sleep, with dark under-eye circles.

Assessment

Liam presents clear symptoms of anxiety in dark places, that seem to be linked to events overseas. It appears Liam is experiencing PTSD, however, his mental state is relatively stable and healthy otherwise. Negative alternations in his cognitive mood and affect are controlled, which indicate a mild form at this stage.

Liam could benefit from mild medication to alleviate anxiety, as well as therapeutic exercises to gradually work up to exposure.

Plan

Liam will see me in two weeks, 03/04/2022, and in the meantime, he has been provided with breathing exercises for anxiety, and a referral to the psychiatrist for a medication plan. This will aim to address sleeping and anxiety disruptions, while Liam works on changing cognitive behavioral thought patterns. Over time, Liam will be introduced to exposure therapy, however, his current state indicates that he is not ready for this quite yet.

Signature



Date

11/15/2022

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