Therapy Assessment

Client information	
Name: Chloe Smith	**Date of birth:** January 6, 1998
Sex: Female	**Client ID:** XX-XX-XXXX
Referring practitioner (if applicable): N/A	
Practitioner information	
Name: Dr. Sarah Hunt	**Title/position:** Sr. Psychologist
License number: XX-XX-XX-XX-XXXX	**Email contact:** sarahhunt@email.com
Date of assessment: January 1, 2025	**Time of assessment:** 1400
Presenting problem(s)	
Chief complaint:	**Duration of symptoms:**
Severe low mood	Around 6 months
Previous treatment (if any):	**Current medications:**
N/A	N/A
Mental health history	
Past psychiatric diagnoses:	**Past hospitalizations:**
N/A	N/A
Family history of mental health issues:	**Substance use history:**
Mother - BPD	N/A

Assessment of symptoms

Current affect: Sad

Anxiety scale 1 - 10 (1 = no symptoms 10 = extreme symptoms): 7

Depression scale 1 - 10 (1 = no symptoms 10 = extreme symptoms): 9.5

Additional notes:

Chloe has been feeling low for around 6 months now. Depression symptoms worse than anxiety symptoms.

Risk assessment

Risk to self:	**Risk to others:**
High risk to self. Chloe has identified self harming tendencies and suicidal ideation.	N/A

Suicidal ideation: (●) Yes ( ) No

Additional notes:

Has self harmed in the past

Therapeutic goals

Short-term goals:	**Long-term goals:**
Learn how to cope with these emotions	Utilize positive coping mechanisms

Observations and recommendations

Observations:

Chloe presents with a flattened affect, limited eye contact, and low energy. She speaks in a slow, monotone voice, often describing a pervasive sense of hopelessness and disengagement from daily activities, indicating potential major depressive symptoms. Further exploration of underlying cognitive patterns is warranted.

Recommendations:

Cognitive Behavioral Therapy (CBT) - To address negative thought patterns and promote healthier coping strategies.

Behavioral Activation - Gradually reintroduce meaningful activities to combat withdrawal and increase engagement with life.

Mindfulness Practices - To manage rumination and improve emotional regulation.

Exercise - Regular physical activity to boost mood and energy levels.

Sleep Hygiene - Establish a consistent routine to improve sleep quality, which can impact mood and overall well-being.

Practitioner’s notes

For the next appointment, we will focus on building rapport and exploring Chloe's specific thought patterns, emotional triggers, and behavioral patterns. The goal is to begin identifying unhelpful cognitive distortions and creating small, manageable steps toward re-engaging in activities. We'll also discuss sleep habits and introduce basic mindfulness techniques.

Session Duration: 50 minutes

Focus: Cognitive exploration, behavioral activation, and coping strategies.

Preparation: Chloe is encouraged to track any thoughts or feelings related to daily activities or sleep over the week.