Therapy Assessment

Clinician Information

Name:	Dr. Jane Smith
Title/Position:	Clinical Psychologist
License Number:	PSY1234567
Contact Information:	555-0101, drsmith@therapycenter.org
Date of Assessment:	02/23/2024
Time of Assessment:	10:00 AM

Client Information

Name:	John Doe
Age:	32
Gender:	Male
Date of Birth:	03/15/1992
Client ID:	JD0324
Referring Physician/Agency (if applicable):	Dr. Emily White, General Practitioner

Presenting Problem

Chief Complaint:
I feel overwhelmed and anxious all the time.

Duration of Symptoms: 2 years, worsening in the last 6 months

Previous Treatment Attempts:
None

Current Medications:
None

Mental Health History

Past Psychiatric Diagnoses:
None reported

Past Hospitalizations:
None

Family History of Mental Health Issues:
Mother diagnosed with generalized anxiety disorder

Substance Use History:
Occasional alcohol use, no history of substance abuse

Assessment of Symptoms

Mood and Affect: Anxious mood, affect somewhat flat

Anxiety Levels: High

Depressive Symptoms:
Mild to moderate

Thought Process (e.g., logical, coherent):
Logical and coherent

Suicidal Ideation: ☐ **Yes** ☑ **No**

Details:

Homicidal Ideation: ☐ **Yes** ☑ **No**

Details:

Cognitive Functioning

Memory (Short-term/Long-term): No evident issues with short-term or long-term memory
Concentration/Attention: Reports difficulty concentrating, especially at work
Executive Functioning (planning, organizing): Struggles with organizing tasks and planning
Orientation (time, place, person): Fully oriented to time, place, and person

Social and Occupational Functioning

Relationships with Family/Friends: Generally good, but feeling withdrawn lately
Performance at Work/School: Decreasing performance due to concentration issues
Leisure Activities/Interests: Enjoys reading and hiking, but has lost interest recently
Social Support System: Supportive family and a close-knit group of friends

Goals for Therapy

Short-term Goals: Reduce anxiety levels, improve concentration and task management
Long-term Goals: Enhance overall well-being, develop coping strategies for stress, restore interest in hobbies
Client's Motivation Level: High

Risk Assessment

Risk to Self: Low
Risk to Others: Low
Vulnerability to Exploitation: Low

Treatment Plan

Therapeutic Modalities (CBT, DBT, etc.): Cognitive Behavioral Therapy (CBT) primarily, with elements of Mindfulness-Based Stress Reduction (MBSR)
Frequency of Sessions: Weekly sessions for the first 3 months
Medication Consultation/Referral: Consider after initial 4-6 sessions if no significant improvement
Additional Referrals (Psychiatry, Group Therapy, etc.): Group therapy for anxiety management

Clinician's Observations and Recommendations

Observations:
John Doe appears highly motivated to engage in therapy and address his symptoms. He presents with significant anxiety, which seems to be the primary factor affecting his daily functioning, including his occupational performance and social interactions. Despite these challenges, John has a strong support system and demonstrates insight into his condition, which are positive prognostic factors.

Initial Impressions:
John's symptoms are consistent with Generalized Anxiety Disorder (GAD), with some features of depressive disorder. There is no indication of acute risk factors that would necessitate immediate intervention, such as suicidal or homicidal ideation. However, his difficulty in managing anxiety and its impact on his life warrants prompt and targeted therapeutic intervention.

Recommendations:
Begin Cognitive Behavioral Therapy (CBT): To address the anxiety symptoms and to develop coping strategies for managing stress and anxiety triggers. CBT can also help in tackling mild depressive symptoms by challenging negative thought patterns and behaviors.
Mindfulness Practices: Incorporating mindfulness exercises into daily routines to enhance present-moment awareness and reduce overall anxiety levels.
Medication Consultation: While not immediately necessary, a consultation with a psychiatrist for medication evaluation could be beneficial if significant improvement is not observed within the initial weeks of therapy.
Routine Exercise and Healthy Diet: Encourage adopting a routine exercise program and a balanced diet to improve overall mental health.
Follow-Up and Reassessment: Scheduled follow-ups every week for the first three months, with reassessments to monitor progress and adjust the treatment plan as necessary.

Consent for Treatment

I, [John Doe], hereby consent to engage in the therapy process as outlined above and understand the nature of treatment proposed.

Client's Signature: JD **Date:** 02/23/2024

Clinician's Signature: Dr. Smith **Date:** 02/23/2024