September 6, 2024

Hamilton County of Ohio Courthouse Clerk of Courts
1000 Main St, Cincinnati,
OH 45202, United States

Re: John Denver's Diagnosis

Dear _____Honorable Judge_____,

I am writing in my capacity as Licensed Clinical Social Worker, with 10 years of experience in the field of mental health and psychotherapy, to provide a professional statement regarding my patient, John Denver whom I have been seeing since January 15, 2023.

This letter is prepared at the request of and is intended for use in his court hearing for child custody.

Diagnosis

John has been diagnosed with Major Depressive Disorder, moderate, and Generalized Anxiety Disorder. His symptoms include persistent low mood, fatigue, difficulty concentrating, and excessive worry that have impacted his daily functioning. These conditions are currently being managed through a combination of cognitive-behavioral therapy (CBT) and medication prescribed by his psychiatrist.

Therapeutic interventions

John has been engaged in weekly therapy sessions focused on CBT to help him develop healthier thought patterns and coping mechanisms. We have also implemented mindfulness-based stress reduction techniques to help manage his anxiety. Additionally, psychoeducation about his condition and supportive therapy has been provided to address the stressors impacting his mental health.

Professional opinion

In my professional opinion, John Smith is committed to his mental health treatment and has made significant progress in managing his symptoms. Continued engagement in therapy and support from his social network will be crucial in maintaining his mental health stability. I believe that with ongoing therapy, he can continue to develop the skills needed to manage his conditions effectively and provide a stable environment for his child.

Confidentiality notice

Please note that the information provided in this letter is confidential and has been shared with John Denver's consent for the specific purpose of his court hearing. I have not included any information that would violate client-therapist privilege.

Should you require any further information or clarification, I am available to provide additional details as permitted by law and within the bounds of confidentiality. You may contact me at (123) 456-7890.

Thank you for your attention to this matter.

Best regards,

Lorraine Hodge

Lorraine Hodge, LCSW
Licensed Clinical Social Worker
License Number: 88542