Treatment Plan

Basic Information

First Name	Last Name	Date of Birth	Patient Identifier (If known)
Riley	Walter	22/04/2001	
Gender	**Preferred Pronouns**	**Email**	**Contact Number**
Female	She/her	rileywalt@gmail.com	000 0000

Address	City	State	Zip Code
123 Sample St, Oakwood	Houston	TX	0384

Treatment Plan

Patient concern
Riley is concerned about her anxiety. She finds herself having frequent panic attacks, without any warning of onset. She struggles to breath, and has started avoiding most social events and situations in fear of triggering further attacks.

Short term goals
Work on breathing techniques, and stabilize emotion regulation.

Long term goals
Exposure therapy to increase ability to partake in social situations of all forms

Current sleeping patterns
Regular 8 hours

Current exercise patterns
Hockey practice twice a week.

Medications
Currrently none - advised to recieve prescription Lorazepam 1mg

Interventions
Riley has been provided with breathing techniques to counter panic attacks, and has been prescribed anxiety medication. She has been referred to a anxiety psychologist who she will see next week.

Clinician Name	Clinician Designation	Clinician Signature	Date
Olivia Harris	Dr.		11.01.2023