

**Psychotherapy Progress Note
Psychiatric Social Worker**

Date of Exam: 4/28/2012
Time of Exam: 9:00:56 AM

Patient Name: Conner, Andrea
Patient Number: 1000010644560

Improvement is occurring. "My social life now revolves around exercise instead of drinking with my friends."

Problem Pertinent Review of Symptoms:

Feelings of anxiety are denied. Andrea denies experiencing dysphoric moods. Sleep disturbance is not reported. Andrea describes rare substance cravings. She denies the temptation to use. Andrea denies use. Andrea reports that she has been regularly attending AA meetings. A sample for urine drug screening was obtained. She has maintained sobriety. Impulsive behaviors are not reported.

Content of Therapy: The patient's substance abuse problems were the main issue this session. Feelings of shame were also expressed.

Therapeutic Interventions: The focus of today's session was on helping the patient increase insight and understanding. The main therapeutic techniques used involved the exploration of the patterns of certain behaviors. Therapeutic efforts also included aiding the patient in identifying the precipitants of unproductive feelings and behaviors. . The importance of abstinence was also reviewed.

MENTAL STATUS: Andrea is alert, attentive, casually groomed, and relaxed. She exhibits speech that is normal in rate, volume, and articulation and is coherent and spontaneous. Language skills are intact. Mood is entirely normal with no signs of depression or mood elevation. Affect is appropriate, full range, and congruent with mood. Insight into illness is normal. Social judgment is intact. Signs of chemical withdrawal are exhibited by Andrea. Mild signs of anxiety which appear to be secondary to withdrawal are present.

DIAGNOSES: The following Diagnoses are based on currently available information and may change as additional information becomes available.

Axis I: Alcohol Abuse, 305.00 (Active)

INSTRUCTIONS / RECOMMENDATIONS / PLAN:

Link to Treatment Plan Problem: **Substance Abuse**

Short Term Goals:

Andrea will make plans for a recreation activity that does not involve alcohol or drugs, within one week.
Target Date: 4/29/2012

Excellent progress in reaching these goals and resolving problems seemed evident today.
Recommend that the interventions and short term goals for this problem be re-written at the next Treatment Team meeting.

Return 2 weeks or earlier if needed.

NOTES & RISK FACTORS:

History of Subst. Abuse

90806 PSYTX, Office, 45-50 MIN

Time spent counseling and coordinating care: 45-50 min

Session start: 9:00 AM
Session end: 9:50 AM

John Smith, LCSW

Electronically Signed
By: John Smith, LCSW
On: 4/22/2012 11:07 AM