

SOAP-

Name: Hannah

DOB: 24 years old

DATE: 5/2/2020

SUBJECTIVE- Client reports feelings of anxiety that have been ongoing for the last 5 years. Reports that they seem to have increased since moving out into her own place. Client reports heightened anxiety upon going to the appointment today. Client believes that moving out would have helped her better manage the anxiety, but has found that it has actually gotten worse since being in her own place. Reports that she has no friends to talk to. Client states she thought she would like being on her own but has discovered that she doesn't like it. Client stated that the feelings of anxiety are stopping her from making friends, applying for jobs, and looking for work. Client reports that she does photography and is not taking opportunities that come her way because of the anxiety.

Client states she noticed the feelings of anxiety when she was 19 years old and out of school. Reports that her friends went on to college but she stayed back and started feeling like she didn't want to go to parties or hang out. Client reports she started saying no more often. Client reports that she thought doing photography would help but because of the anxiety, she finds herself saying no to new jobs because she doesn't want to have to talk to people.

Client states that she feels "hot, sweaty, and like people are looking at her and she looks very stupid" when describing the feelings she gets in social situations. Client believes people will think she doesn't know how to do her job or that she is an idiot. When asked how client has reacted recently to a situation, client reported that she tried to focus on her camera and the buttons so she wouldn't notice everyone looking at her and thinking she is stupid. Client reported that after the shoot was over, she went straight home instead of to the celebration with everyone else because she knew that they thought she was weird and would be judging her.

Client states that she wears black and a lot of layers to cover up the sweat and shakiness.

OBJECTIVE- Client presents clean and well put together. Wearing a black oversized sweater and pants. Sitting with legs crossed. Appears to be nervously twiddling her fingers. Eye contact is extremely scattered, client does not hold eye contact for a long period of time before looking away. Nervous laughter and "uhhh" pauses when describing her feelings in situations.

ASSESSMENT- Writer verified client needs by acknowledging and repeating back to the client what she heard. Client is clearly struggling with feelings of anxiety, which appears to be

centralized in her perspective of what other people think about her. Client has turned to hiding herself away as much as possible to avoid social situations where other people can make judgements about her. Client needs to learn coping skills to help deal with feelings of anxiety when placed in social situations so she can maintain employment and be successful.

PLAN- Clinical recommendation:

- Therapy 2x per week for 1 month, then down to 1x per week, to help develop and build coping skills to help with feelings of anxiety and boost self confidence.
- Client will apply for photography opportunities to practice skills obtained from therapy.
- Psychological evaluation by physician to determine need for medication.
- Journaling to try and identify triggers for feelings of anxiety

DAP-

Client Name- Gabriella

D- This writer asked client why she was here. Client reported feelings of being down all the time. Reported that normally she can bring herself back up, but recently she has been struggling with that. This writer acknowledged client through active listening and confirming client concerns. This writer asked client what caused her to initially go to the PCP for help. Client stated that her boyfriend had recently broke up with her and she wasn't expecting it. Client stated that her mom noticed that client seemed more down and recommended going to the PCP. Client states that it seems like she should be able to get over it without help and she is somewhat embarrassed that she is here. This writer comforted the client by assuring her that it's not a bad thing to seek help or have the feelings that she has. Client states that she feels like a failure because she has these feelings and she feels like her mom is very disappointed in her for the way she has been acting, states that she came to therapy to not disappoint her mom any further.

This writer acknowledged client concerns and assured that these feelings are normal. This writer advised that there is no evidence that this type of therapy, CBT, would do any harm to the client in any way.

Client reported in the initial intake that she was a medical student. This writer inquired with client about current status and client stated she is not currently in school. Client stated that due to her struggles it was suggested that she takes a year off of school. When this writer asked if client planned to return to school, client appeared to hesitate before she finally answered "I guess I am

going to have to". Client believes that returning to school will make everyone happy. This writer asked if the client wants to return to school and she states that she does.

This writer asked client what she is doing in the meantime while she is waiting to go back to school and client stated she got a job as a waitress to make a bit of money and have something to do, but is not sure that she wants to return because it doesn't seem like something she wants to go back to. This writer asked client to describe her experience and client seemed to enjoy it, but she feels like she was too slow, got confused with the orders and struggled with hearing the customers. Client stated that she was told that most people struggle and make a few mistakes on their first shift, but believes that the only reason she was told that it was okay was because the owner is her mom's friend.

This writer asked client to describe her feelings toward herself when describing her experiences. Client reported feeling empty, that this is the way it is and this is the reality. When this writer asked the client to rank her negative feelings of herself on a scale of 1-100, client reported that she would rate it at an 80/100. Client reports feeling like she is sad, not really herself, and like she's not even there. Client reports feeling empty and disassociated, anxious. Client states that she feels like her body is heavy, doing anything is pointless, and she doesn't want to even get out of bed. This writer asked the client how she responds to these feelings, and she just forces herself to get out of bed because she doesn't want to upset her mom.

Client reports that she feels alone, that no one else is experiencing what she is and that makes her feel worse. Client reports that when she tries to snap out of it and realizes she can't, it makes it worse.

Client is a young adult who is struggling with feelings of sadness. Client is seated forward in the chair, as if she is ready to leave at the moment things get tough. Appears kept and clean, but has arms crossed and seems closed off. Based on conversations, the client does not believe she is worthy, and is very much lacking self esteem and confidence. Client seems to want to make a change and reduce feelings of emptiness and sadness, but is not sure how to get there. Client appears to be open to suggestions but unsure if any suggestions will work. Client definitely appears to be defeated and hopeless that things will get better.

A- Client appeared open and willing to express her concerns, although does not seem convinced that anything can change. Client appears to be in the contemplative stage of change, wanting to make changes but not sure it will do any good.

Client is currently living with her mother, which seems to motivate her to get out of bed in the morning, as she does not want to disappoint her.

Client appears to be struggling with feelings of depression and sadness and meets criteria for a DSM5 diagnosis of major depressive disorder 296.30 (F33.9), as symptoms were present before her relationship with her boyfriend ended, but increased after that event.

P- This writer is recommending Cognitive Behavior Therapy to help the client work on feelings of depression and sadness. The purpose of CBT is to help change the client's mindset to create positive thoughts about her situation rather than focus on the negatives.

Client states she wants to go back to school and finish her medical degree to obtain a sense of accomplishment.

This writer recommends for client to continue working in social situations to help boost confidence and feelings of self worth.

Client will obtain coping skills to manage her feelings of emptiness and sadness.

This writer recommends for client to start journaling to determine triggers of negative self thoughts.

Referral needed: Psychological evaluation for further assessment of psychiatric needs.