

Client ID: BESCHA

Patient: Chantal Best

Patient DOB: 1/13/1979

Provider: Kathleen Ralph

Appointment Start Time: 6/27/2018 10:00:00 AM

Appointment End Time: 6/27/2018 11:00:00 AM

Appointment Duration: 60 minutes

Primary Code: 90837

Add-on code 1:

Add-on code 2:

POS: 11

Modifiers:

Meds

(no patient medications found)

Allergies

(No known allergies)

Assessment

Diagnoses

DSM-5 Diagnoses

300.9	Unspecified mental disorder	F99	Unspecified mental disorder
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DSM-5 Other Conditions

No assigned diagnoses

General Medical & Non-DSM-5 Diagnoses

No assigned diagnoses

6-20-18: First session with client. Client stated she was prompted to come in for therapy, as she has initiated divorce proceedings. Client reported that she and her husband of 9 years, have been separated for eight years, and have now decided to officially divorce. She stated they co-parent well together, but she wants to make sure she is healthy, and is viewed as such when proceeding through the divorce. Client admitted to a hx of Meth use, stating she's basically been clean since Nov. of 2014, but had one-event relapse in Sept. of 2015. She related that her mother was an alcoholic and passed away 15 years ago. She stated she experiences moments of anger, that she would like to address. She stated an end of a friendship recently occurred, and she recognizes her losses contribute to her anger. Client indicated she tends not to share much with others, and may have a need to allow expression of thoughts/emotions. Client reported having difficulty staying asleep, and sometimes using over the counter sleep aids to help.

Therapist listened and provided supportive feedback, to help client process her thoughts/feelings, and to help create a positive therapeutic experience. Therapist taught/encouraged self-soothe bxs, and relaxation techniques. Therapist provided a Mindfulness handout, and a Safety Plan worksheet. We scheduled her next session for June 27, 2018

6-27-18: Client arrived on time. Client presents as guarded at times. She has indicated she doesn't share much with others. It is also evident that she internally processes feedback, which may present

as being guarded. Client appears to use humor as a way to manage some stress. She shared events, and views of life, and we were able to list things that contribute to her lack of energy, and irritability. We explored ways to address these. Client spoke much of her worries in parenting. She spoke of her mom, and how she viewed her mom's parenting. She spoke of feeling guilt related to her grieving process, and guilt related to her own past. Client also processed much about the demands of her job, and considering other options.

Client reported that her sleep has improved d/t using yoga closer to bed time. Therapist and client explored parenting skills. Therapist taught/encouraged adjustments in client's automatic thoughts. Therapist provided a Format for a Letter of Loss to help with her grieving. Therapist taught/encouraged the use of a Cost Analysis worksheet to help her make decision regarding her job. Client stated she was unsure about participating in therapy, but is finding it helpful. We scheduled her next session for July 2, 2018

Electronically signed on 6/27/2018 12:26:35 PM by Kathleen Ralph.