

Client Name: Last, First	Date of Service: 10/25/21
Length of Session: 45min	Location of Service: Office
CPT Code: 90834	Diagnosis/ICD Code: Major Depressive Disorder, Single Episode, Unspecified F32.9

Present as Session

- Client Present
- Client No showed/cancelled
- Others Present, List name(s) and relationship to client:

Significant Changes in Client's Condition

- No significant change from last visit
- Mood/Affect
- Thought Process/Orientation
- Behavior/Functioning
- Substance Use
- Physical Health Issues
- Other, Explain:

Danger to:

- Self
- Others
- Property
- None
- Ideation
- Plan
- Intent
- Means
- Attempt

Specifics Regarding Risk Assessment (Include safety planning, reports made, etc.):

Client reported continued alcohol use over the past week both socially and alone. Client reported no current SI, however, experiences SI after substance use. No plan or means reported. Therapist reviewed safety plan with client to identify triggers, coping strategies and supports, as well as ways to cope following substance use. Client agreed to modifications made to safety plan, as well as intent to attend 3 AA meetings and utilize sponsor.

Focus of Session (Client's complaints, symptoms, new precipitators, etc.)

Client reported depressive symptoms have been improving, to include improved motivation to complete ADLs and increased appetite. Client reported continued insomnia, sadness, and low self-esteem, which impacts his functioning at work and with friends. Client presented with cognitive distortions pertaining to how his friends and coworkers view him and had difficulty presenting information to support his ideas of not being liked by peers.

Therapeutic Intervention(s) and Response to Interventions (How did the service address the beneficiary's behavioral health needs; how did client respond to intervention):

Therapist provided client with psychoeducation on how substance use can increase symptoms of depression. Client intends to reduce use/ increase utilization of AA and his sponsor. Therapist encouraged client to explore triggers to substance use. Therapist reviewed how negative thoughts impact emotions and behaviors. Therapist facilitated cognitive restructuring exercise to help client identify how negative thoughts impact relationships and depression. Client was responsive to interventions and engaged in each exercise.

Update to Problem List (Include any changes or updates to client Problem List, if applicable):

Z56.89 Other Problems Related to Employment

Updated problem list to include work related issues. Client is concerned he is at risk, as he has been missing many days form work due to drinking.

No changes

Next Steps (Planned action steps by the provider or beneficiary, collaboration with the beneficiary, and/or collaboration with other provider(s):

Client to track negative thinking and practice cognitive restructuring. Client to utilize supports at AA.

Follow-up Appointment: 11/01/2021

Clinician Signature: *Caring Provider, LMFT*

Clinician Printed Name: Caring Provider, LMFT

Date: 10/25/21