Peter Kerrigan

Meeting Time: Thursdays (1:30pm-3pm, PDT)

Info

Peter is a 62 year-old, married man who grew up in Chicago and moved to expensive California. He has had a fairly challenging past: some partner abuse, anxiety, among others. He has ADHD, likely PTSD

His current concerns are frequent PTSD attacks (factor: partner abuse) despite multiple medications, a non-fulfilling job (software developer - but ideally prefers metallurgy work), financial stress (layoffs, also amplified by Cobra cost - for ADHD), and some marital dissatisfaction. He wants to get out of the house more, make some friends, lose some weight (275 -> 235 lbs), and declutter his home.

**Notes 12/16/23**

Still in a tough situation. Searching for a job… but notes he could retire if his wife cuts down spending. Time to make hard choices:

1. +0.5 hr PTSD
2. Back into jobs?/Achieve compromise w/wife (wrap up business next yr)
3. Get healthy
4. Get active in community

+0.5 hr

Homework

| * 0th: No joint sessions -> continue -> PTSD/therapy -> alternatives(puppy) * 1st: PTSD/ADHD (decreasing due to strength)   Multiple Daily: get tense, angry and moments  –Why would you do that?   * 2nd: Job/Income (Soft Skills)   + Contract job holding… for now   + Issues: problematic partner, underestimating deadlines, comparisons * 3rd: Misc. Factors: Physical Activity-Socialization   + - Health Concerns       * PCP - quit, access there       * Physical Activity - not enough       * Insurance: eat 4-5 cobra payments, apply for Medicare       * Caffeine/Vaping slowly decreasing       * Insomnia - still bouts       * cPap - start!       * Fitness (+oral hygiene)       * Anxiety       * ADHD: medication combo       * Next weekend: friends     - Relationships       * 8 days friend trip       * End of July       * Ham Radio! - wing damage       * **Non-risky neighbor (hiking group)**       * Neighbor Friend - Risk (alcohol)       * Old Boss - Retired (light risk, Fox News, new trip)       * Cousin invite (Risk - heavy drinker) * 4th: Passion (transitioning from tech -> metallurgy) |
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* ~~Planning Phase~~

1. Embrace Reality.

*This should be as blunt and straight to the point as you can. Holding anything back might cause issues to pop up later on, so please feel free to divulge candidly.*

| Previous: Feeling depressed, anxious, socially isolated, suffering from CPTSD.  Spending the days on unproductive activities (social media, daydreaming, vaping, procrastinating) that cause more depression and anxiety.  A feeling of wasting my life, not doing what I want to do or should be doing. |
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1. Plan a concrete vision timeline.

*This should be ambitious, but also realistic given the conditions you are in. Try to tackle all of the issues in your current “reality” and suggest concrete goals with deadlines.*

| 1. Have every day be focused and productive. Eliminate distractions and procrastination. – did not do well, put stuff off until the last minute. 2. Find strategies to deal with panic and PTSD attacks without using medication. 3. Keep a positive, engaged mood and stay in the present moment. 4. Give up bad habits .. vaping, social media, excessive sleeping. 5. Meet exercise and weight-loss goals. |
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1. Steadfast Routine.

| 1. Consistent sleep routine 2. Clean, clutter-free space 3. Clear goals every day, track progress, eliminate blocks.   Concrete Steps:   1. Organize life & mind to succeed at new job 2. Work on CPTSD, resolve childhood abuse issues and present-day patterns. 3. Work on presentation/personal presence – most people tell me I make a terrible first impression. 4. Removing toxic people/habits from my life 5. Develop healthy habits .. need to improve physical fitness and do routines that mitigate anxiety and depression |
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