

# Virtual Clinician Session Record

## Diagnostic Summary

Cluster: Trauma-Related Disorders

Specifier: PTSD (Abuse)

Functioning Level: Moderate

Behavioral Flags: guarded, resigned, emotional numbing, avoidant processing

## Treatment Plan: Trauma Track (Abuse)

- Goals:
- Process traumatic memories and restore emotional safety.
- Strengthen boundaries and reduce trauma-related triggers.
- Objectives:
- Identify 5 trauma-related triggers and emotional responses.
- Weekly reflection on use of coping tools.
- Interventions:
- Trauma-focused CBT and grounding techniques.
- Guided imagery and somatic exercises.

## DAP Note

D: Client presented with restricted affect and described persistent flashbacks tied to early abuse.

Hypervigilance was observed.

A: PTSD (Abuse) confirmed. Moderate impairment across interpersonal and emotional domains. Emotional restriction and guardedness present.

P: Continue with trauma-focused CBT. Assign reflection and breathing tools. Follow up in 1 week.

## Signature Confirmation

Signed: Yes

Signed By: client-001

Timestamp: 2025-07-22T11:45:00Z