

THERAPY NOTE

Client's Name: Opiyo Jecknia	Client's ID: 1469965	D.O.B: 02/26/1980.
SERVICE TYPES: PR=Progress Note INT=Intake/Assess GR=Group CR=Crises CO=Collateral CM=Case Mngt TP=Tx Planning TR=Transport MED=Medication D=Discharge IND=Crisis OR Counseling O=Other		
INDEX OF CHALLENGES/BARRIERS: 1. substance use disorder 2. Mental Health 3. Physical Health 4. Employment/Education 5. Financial/Housing 6. Legal 7. Psycho-Social/Family 8. Spirituality		

Service Date 01/05/2026	Start Time 10:00 AM	End Time 11:00 AM	Service Type (see above) INDIVIDUAL NOTE.	Tx Plan Index (s) 3. substance use disorder
Session topic	DBT-Informed – Sitting With Discomfort Safely			
Provider support & Interventions	Staff facilitated a DBT-informed session on learning to tolerate emotional discomfort without impulsively reacting or avoiding the experience. Clients were guided through grounding exercises and discussed ways to remain safe and self-aware during distress.			
Description of client's specific progress on treatment plan, problems, goals, action steps, objectives, and/or referrals	Opiyo acknowledged that her instinct is to “escape” uncomfortable emotions, but noted she is beginning to recognize that distress doesn’t always require immediate relief. She practiced a self-soothing technique during the session and reported, “I realized I can just breathe through it—it passes.” Staff observed her use of grounding techniques and praised her for staying present despite visible anxiety.			
Client's plan (including new Issues or problems that affect treatment plan)	Staff will continue reinforcing Opiyo’s capacity to sit with distress safely, providing reminders to use DBT distress tolerance skills during moments of emotional difficulty.			
Name of BHT, Title: Ken Omosa, BHT.	Signature, Credentials			Date of Completion 01/05/2026
Name of BHP, Title: Dr. Edward Keya, DNP, PMHNP-BC (BHP)	Signature, Credentials			Date of Completion