

**THERAPY NOTE**

<b>Client's Name:</b> Opiyo Jecknia	<b>Client's ID:</b> 1469965	<b>D.O.B:</b> 02/26/1980.
<b>SERVICE TYPES:</b> 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		
<b>INDEX OF CHALLENGES/BARRIERS:</b> 1. substance use disorder 2. Mental Health 3. Physical Health 4. Employment/Education 5. Financial/Housing 6. Legal 7. Psycho-Social/Family 8. Spirituality		

<b>Service Date</b> 01/05/2026	<b>Start Time</b> 10:00 AM	<b>End Time</b> 11:00 AM	<b>Service Type (see above)</b> INDIVIDUAL NOTE.	<b>Tx Plan Index (s)</b> 3. substance use disorder
<b>Session topic</b>	DBT-Informed – Sitting With Discomfort Safely			
<b>Provider support &amp; Interventions</b>	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.			
<b>Description of client's specific progress on treatment plan, problems, goals, action steps, objectives, and/or referrals</b>	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.			
<b>Client's plan (including new Issues or problems that affect treatment plan)</b>	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.			
<b>Name of BHT, Title:</b> Ken Omosa, BHT.	<b>Signature, Credentials</b>			<b>Date of Completion</b> 01/05/2026
<b>Name of BHP, Title: Dr.</b> Edward Keya, DNP, PMHNP-BC (BHP)	<b>Signature, Credentials</b>			<b>Date of Completion</b>