

Therapy Session Report

Therapy Session Report:

Session Date: 3:4:2024

Time: 18:45

Therapist's Name: Suzan

Patient's Name: Ayush

Session Overview:

The session focused on exploring the patient's feelings and experiences following a compliment from a friend.:

Possible Psychological Problems:

- * Low self-esteem
- * Body image issues:

Assessment and Progress:

- * Presenting Concern: The patient reported feeling uncomfortable and awkward after receiving a compliment on their smile.
- * Assessment: The therapist assessed that the patient may have some insecurities and negative beliefs about their appearance.
- * Progress: The patient was able to identify that they tend to focus on their imperfections rather than their positive qualities.

Recommendations:

- * Practice positive self-talk: Encourage the patient to challenge negative thoughts and replace them with positive affirmations.
- * Engage in self-care activities: Suggest that the patient engage in activities that boost their mood and self-confidence, such as spending time in nature, exercising, or connecting with loved ones.
- * Consider working with a support group: Inform the patient about support groups that can provide a safe and supportive environment for individuals struggling with body image issues.

Conclusion:

The session was productive, and the patient gained insights into their thoughts and feelings. The therapist provided recommendations to help the patient improve their self-esteem and body image. Further sessions are recommended to continue exploring these issues in more depth.:

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