



Appointment Summary

User details

Name: test t
Email: test@test.com

Meetings details

PTSD therapy on 2024-12-15.

Attending doctor: Dr. Katarzyna Zieli G6¶

Recommendations issued by a doctor with an assessment of the patient's progress and whole therapy proces:

PTSD Therapy Session: The patient presented with severe anxiety, intrusive memories, and recurring nightmares related to past trauma. The session focused on identifying triggers and initial grounding techniques. Cognitive-behavioral therapy (CBT) was employed to challenge negative thought patterns. The patient practiced diaphragmatic breathing for relaxation. Homework: journaling triggers and emotional responses. Recommendation: Gradual exposure therapy in a controlled environment. Follow-up required in 4 weeks to assess coping mechanisms and adjust the therapeutic approach.

Payment Details

Price: 100.00 for 01:00:00h therapy

Amount paid with:

Cardholder Name:

Card Number: **** * 4444

Expiration Date: 2024-12-21

This document was created in accordance with Terapea company regulations.