Client Name: John Doe

AHCCCS ID: A123456789

Date of Birth: 1/1/1991

Date of Service: May 26, 2023

Time of Service: 10:30-12:30

Service: 0000

Data:

John Doe presented for today's session, reporting ongoing struggles with substance abuse, depression, and anger issues. He expressed feeling overwhelmed by these challenges and expressed a desire to address and overcome them. John appeared engaged and motivated to work on his issues throughout the session.

Assessment:

John reported experiencing symptoms consistent with depression, including persistent feelings of sadness, hopelessness, and low self-esteem. He shared that his depressive symptoms have significantly impacted his daily functioning, making it difficult to find enjoyment in previously pleasurable activities. John expressed a desire to regain a sense of purpose and improve his overall mood.

John discussed struggles with managing his anger, which often leads to outbursts and conflicts with others. He described feeling a sense of frustration, irritability, and difficulty controlling his emotions in triggering situations. John expressed a strong motivation to learn healthier ways of expressing and managing his anger to improve his interpersonal relationships and overall emotional well-being.

John disclosed a history of substance abuse, primarily involving alcohol and marijuana. He reported using substances as a means of coping with stress, anxiety, and depression. He acknowledged the negative consequences his substance use has had on his personal relationships, work performance, and overall well-being. John expressed a genuine willingness to address his substance abuse and make positive changes.

Plan:

Substance Abuse Treatment:

a. I recommended that John consider enrolling in a substance abuse treatment program or seeking the support of a substance abuse counselor. This will provide him with the necessary tools, guidance, and accountability to address his substance abuse issues effectively.

b. We discussed the importance of developing a relapse prevention plan, identifying triggers, and implementing coping strategies to maintain sobriety.

Depression Management:

a. I encouraged John to consult with a psychiatrist to discuss the potential benefits of medication for managing his depressive symptoms. We also explored the possibility of incorporating regular exercise, engaging in hobbies, and seeking social support as adjunctive treatments.

b. I provided John with resources for self-help books and online support groups that focus on depression management and building resilience.

Anger Management:

a. We explored various anger management techniques, such as deep breathing exercises, mindfulness, and assertive communication. I assigned John homework to practice these techniques and encouraged him to keep a journal to track triggers, responses, and progress.

b. I recommended that John consider attending anger management classes or group therapy sessions to further develop his anger management skills and learn from others who share similar challenges.

We concluded the session by scheduling the next appointment in one week's time. I expressed my confidence in John's ability to make positive changes and provided reassurance that therapy will serve as a supportive space for him throughout his journey.

Signed: Fake A. Sstherapist