

Client Full Name: Alexis Rodriguez

Client Date of Birth: 9/15/1988

Date of Service: 5/8/2025

Exact start time and end time: 10:15 am – 11:12 am: 57 mins

Session Location: 456 Wellness Center, Portland, OR 97205

Diagnosis: (F41.1) Generalized anxiety disorder

Subjective:

During the session, the client, Alexis, reported experiencing increased anxiety symptoms over the past two weeks, particularly related to workplace stressors. She described feeling "constantly on edge" and having difficulty concentrating during important meetings. Alexis stated that she had three panic attacks since our last session, which she described as "overwhelming feelings of doom" accompanied by shortness of breath, increased heart rate, and trembling. These episodes lasted approximately 15-20 minutes each. She noted that her sleep has been disrupted, taking nearly an hour to fall asleep and waking frequently throughout the night. Alexis mentioned attempting to use the breathing techniques we previously discussed but found it challenging to implement them effectively during high-stress moments. She expressed frustration about how her anxiety is affecting her work performance and relationships, stating, "I feel like I'm letting everyone down."

Objective:

Alexis presented to the session on time, appropriately dressed, and well-groomed. Her affect was anxious and somewhat constricted, with visible tension in her shoulders and frequent hand wringing during discussions of work stressors. Speech was rapid at times but normal in volume and content. Alexis maintained good eye contact throughout most of the session, though she looked down when discussing her perceived failures. She demonstrated intact cognitive functioning with clear and logical thought processes. No evidence of psychosis, suicidal ideation, or homicidal ideation was present. Alexis completed the GAD-7 assessment with a score of 16, indicating severe anxiety symptoms (increased from score of 12 at previous session). She was receptive to feedback and actively participated in the therapeutic conversation, showing good insight into her anxiety triggers.

Assessment:

Alexis continues to meet criteria for Generalized Anxiety Disorder, with symptoms that have intensified since our last session. The increase in panic attacks and sleep disturbances indicates a significant exacerbation of her condition, likely triggered by increased workplace demands and her perfectionist tendencies. Her anxiety appears to be creating a self-reinforcing cycle, where worry about performance leads to physiological symptoms that further impair functioning, resulting in more worry. Despite these challenges, Alexis demonstrates several strengths, including her willingness to engage in therapy, her developing awareness of anxiety triggers, and her motivation to implement coping strategies. Her GAD-7 score increase from 12 to 16 quantitatively confirms her subjective report of worsening symptoms. The client's difficulty in effectively utilizing learned coping techniques during high-stress situations suggests the need for more practice and potentially additional strategies better suited to her specific anxiety presentation.

Plan:

1. Continue weekly individual therapy sessions focusing on Cognitive Behavioral Therapy interventions for anxiety management.
2. Review and refine previously taught breathing techniques, with emphasis on practicing during periods of lower anxiety to build proficiency.
3. Introduce progressive muscle relaxation as an additional coping strategy, with in-session demonstration and daily practice assignments.
4. Implement thought challenging exercises targeting catastrophic thinking patterns related to work performance.
5. Assign homework to create and maintain a daily anxiety journal to better identify triggers and patterns.
6. Discuss the potential benefits of consulting with her primary care physician regarding a medication evaluation if symptoms don't improve within 2-3 weeks.
7. Provide psychoeducation about the relationship between sleep hygiene and anxiety, with specific recommendations for establishing a more consistent sleep routine.
8. Schedule next appointment for 5/15/2025 at 10:15 am.

Therapist Signature: _____ Date: _____

Melissa Thompson, LCSW, License #LC12345