***PSYCHOLOGYIST PROGNOSIS REPORT —***

**Diagnosis:**  Zoe you came to me with a diagnosis of: Bi-Polar Disorder (BPD) - Extreme Anxiety Disorder (SAD) - Severe Depression Disorder (DEP)

**Treatment:** BPD can only be managed. It requires suitable Medication (usually prescribed by Psychiatrist) in conjunction with Counselling. The counselling helps give guidance and re-assurance to patients to continue monitoring the effectiveness (or not) of prescribed meds as the brain adjusts and meds require updating. SAD can be treated using Trans Cranial Alternating Current (TCAC) in conjunction with counselling. TCAC is a Brain quietening tool but is not suited to everyone. Depression needs to taken seriously with a Psychotherapeutic approach having shown the best results to assist here but must be taken more seriously.

**Prognosis:** Unfortunately any noticeable slight improvement can be rare especially in the case of BPD which has not shown to be improved only managed

“The 5 standouts are, a/ Self-care and Independant Living, b/ Difficulty keeping friends or sustaining relationships, c/ Avoids travelling alone to unfamiliar environments, d/ Severe difficulty concentrating, & e/ Having interpersonal conflicts in a work situation”

**Outcome:**  It would appear at this time you are not capable of maintaining a work-place presence and are therefore not fit for work.

Kind Regards; Rob Montgomery