

# Mental Health Assessment Results

## How to read this document?:

This document is organized into four distinct sections. The first section, titled "**History**", offers a concise summary of your background, detailing your query and certain personal details. Although this section may not offer new perspectives for you, it serves as a valuable resource in case you decide to consult with a professional. The second section, known as the "**Case**", provides fundamental insights into the origins and implications of your concern. Below is a detailed guide on how to interpret this information. In the third section, you will find the "**Treatment Plan**". This segment describes suggested approaches and strategies for addressing your problem. It is important to note that these are recommendations and not prescriptive guidelines. It is strongly recommended to consult with a psychotherapist regarding these suggestions. The final section presents a selected list of psychologists. These professionals have been specifically chosen according to your request and their excellent reviews, ensuring a personalized fit for your needs.

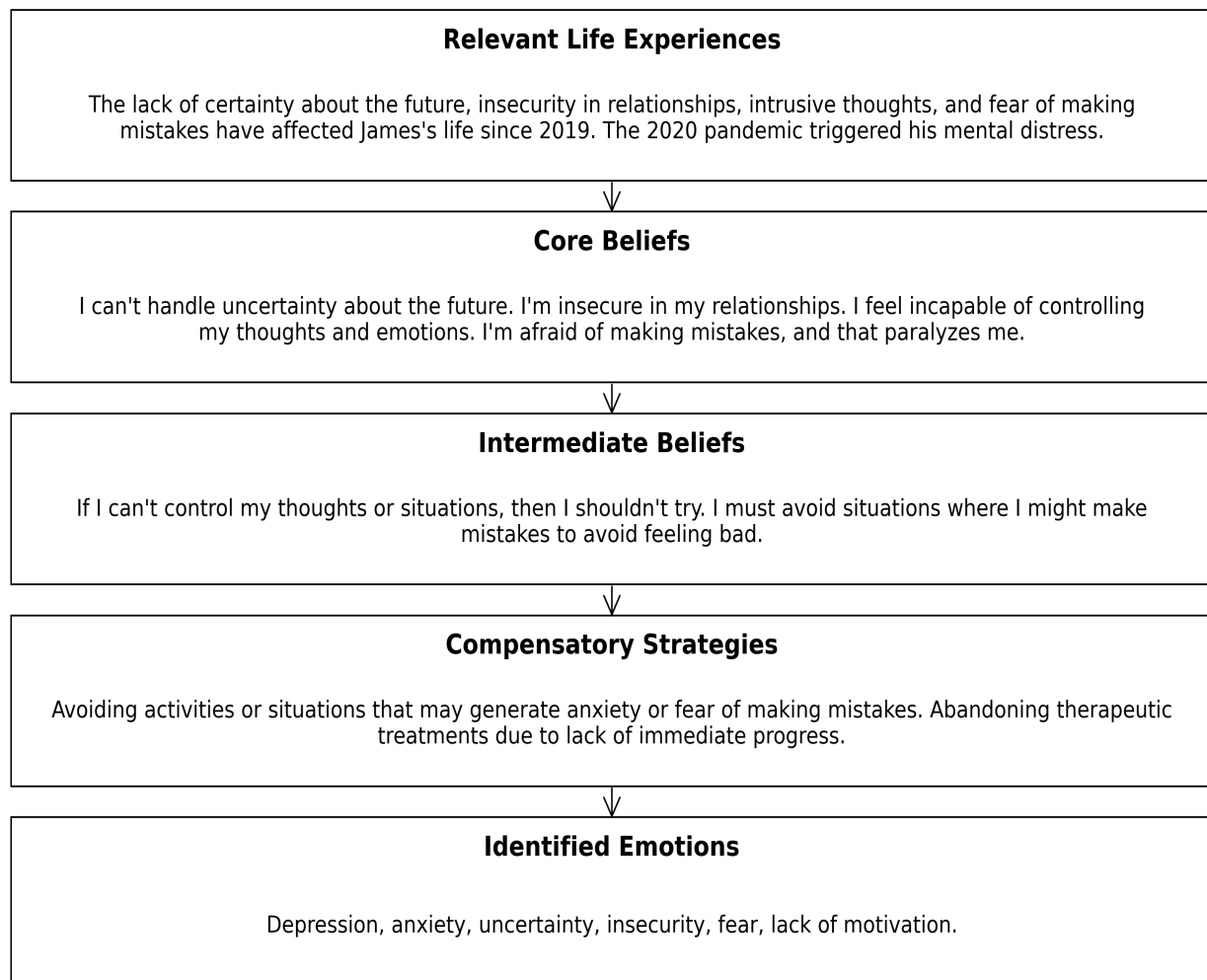
## History

- **Date:** Generated on January 28th, 2024
- **ID:** 03-000-example
- **Name:** James
- **Personal Summary:** James, 19 years old. Lives in Detroit, Michigan, with his father, mother, and 3 siblings. He falls between his older and younger siblings.
- **Issue:** James, has been dealing with severe depression and anxiety since 2019. He has experienced uncertainty about the future, insecurity in his relationships, intrusive thoughts, and a lack of motivation to engage in activities.
- **Psychiatric History:** The patient mentions receiving psychotherapy and psychiatric treatment, as well as taking medications such as Melatonin, Lamotrigine, Clotiazepam, and Fluoxetine from March 2023 to July 2023.
- **Medical History:** The patient does not explicitly mention any history related to physical or mental disabilities that may influence his psychological functioning or treatment process.

## James's Case

### How to read this diagram?:

Our emotions and behaviors are often shaped by our thoughts, which in turn are influenced by deeper attitudes and beliefs formed during our upbringing. To effectively address the root causes of negative emotional states, it is crucial to examine and modify these **"Core Beliefs"**. The diagram presented here illustrates the interconnected elements in this process. It starts with the **"Relevant Life Experiences"** section, highlighting significant events that may lead to the development of negative attitudes and beliefs about oneself and the world. These are captured in the **"Core Beliefs"** section. From these deep beliefs emerge **"Intermediate Beliefs"**, consisting of specific rules and guidelines that may limit or direct our behavior in various ways. These beliefs give rise to **"Compensatory Strategies"**: habits and actions we adopt believing they help us manage our problems. Furthermore, these negative beliefs have a significant impact on our emotions and overall well-being. For a nuanced interpretation of this diagram and its broader implications, it is strongly recommended to consult with a psychotherapist. The contact details of a qualified professional can be found at the end of this record. Interacting with a psychotherapist will ensure a comprehensive understanding and a more effective strategy for addressing these complex issues.



## Treatment plan

- **Strengths:**

The patient, presents several personal strengths that can be useful in the therapy process. Firstly, he shows great motivation in seeking support despite having had negative experiences before. This motivation can help him engage in the therapeutic process and work on his recovery.

Additionally, James has the ability to express his emotions and clearly describe his symptoms, which will facilitate communication with the therapist. He also demonstrates awareness of his difficulties and is willing to explore them in therapy.

Lastly, James has a family support system, which can provide emotional backing during his recovery process. These personal strengths can be beneficial for James in facing and overcoming his emotional challenges in therapy.

- **Strategies to overcome the problem:**

In this psychotherapy case, the main goal will be to help the patient overcome his strong uncertainty about the future, insecurity in his relationships, intrusive thoughts, and lack of motivation to engage in activities.

During therapy, strategies will be developed to manage these problems and improve his emotional well-being. Cognitive-behavioral techniques will be used to identify and challenge the negative and distorted thoughts that contribute to insecurity and intrusive thoughts.

Relaxation and stress management techniques will also be worked on to help the patient deal with anxiety and fear. Furthermore, the specific factors that triggered mental distress during the 2020 pandemic will be explored with the aim of better understanding its origin and finding ways to overcome it. Throughout therapy, the patient can expect a safe and supportive environment where guidance and tools will be provided to address his problems.

Collaboration between the therapist and the patient will be encouraged, working together to establish realistic and achievable goals. The ultimate goal of therapy will be to help the patient develop greater self-confidence, overcome depression and anxiety, and find a sense of direction and purpose in his life.

- **Practical tips:**

- Goal 1: Develop coping skills to manage uncertainty and insecurity in relationships. Measure progress through decreased anxiety in uncertain situations and improved confidence in relationships. Specific improvements include identifying and challenging negative thoughts, practicing relaxation techniques, and assertive communication.

- **Goal 2:** Reduce intrusive thoughts and associated emotional distress. Measure progress through decreased frequency and intensity of intrusive thoughts and improvement in overall mood. Specific improvements include identifying and questioning negative automatic thoughts, practicing mindfulness techniques, and establishing self-care routines.
- **Recommendation:** Continue therapy with a frequency of 1 time per week.

## Suggested Therapists for you

### Why them?

Our recommendation algorithm matches you with your ideal therapist considering your case, their specialization, price, reviews from other patients, and more, ensuring the perfect professional for you.

In your case, DaniGPT identified **\*Anxiety** and **\*Depression** as the most relevant specialties for your case based on the conversation you both had.

(\*) This categorization should not be considered as a diagnosis.

### Dr. Daniel Salzer, PhD



★★★★★ 37 reviews

Insurance available | Woodinville, WA & Online

**Anxiety | Depression**

**\$160 per session**

[MORE INFO](#)

### Dr. Alan Winder, PhD



★★★★★ 23 reviews

Insurance available | Hewlett, NY & Online

**Anxiety | Depression**

**\$250 per session**

[MORE INFO](#)