

# Counseling Meeting Report

## GENERAL INFORMATION

Meeting ID: 8897e0fa-9096-4403-9579-978a6a990595  
Meeting date: September 26, 2024  
Student ID: cg300  
Counselor ID: ajackson

## SUMMARY

Christopher is experiencing depression and anxiety symptoms, which are exacerbated by his religious identity and academic pressure.

## KEY CONCERNS

- Depression and anxiety in the context of religious identity
- Loss of control and sense of isolation due to faith-based beliefs
- Experience in religious-based academic settings (e.g., seminary, graduate programs)
- Uncertainty about treatment options for mental health and faith issues

## ACTION PLAN

- Recommend counseling for religious-based depression and anxiety disorders
- Connect Christopher with mental health professionals who specialize in religious and spiritual distress
- Encourage exploration of secular approaches to faith-related mental health, such as mindfulness and emotional regulation
- Help Christopher develop a support network that includes faith peers and academic resources

## FOLLOW UP PLAN

- Check in after depression and anxiety peaks in early fall
- Refer Christopher to a semester break or academic adjustment plan in the fall
- Recommend continued counseling after academic progress is restored in the fall