

SEALED



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I am writing to provide an update on the treatment and progress of my client, Robert Moyer, whom I have been treating since December 3rd, 2020. As a licensed mental health counselor with of seven years of experience and credentials as a National Certified Counselor and Certified Complex Trauma Professional Level II, I have been working with Robert for nearly four years.

Robert initially sought therapy to address significant stress and anxiety related to his position as a Group Program Manager at Microsoft. His symptoms included difficulty concentrating, trouble sleeping, and increased irritability. These issues, coupled with negative performance reviews and placement on a performance improvement plan, led to Robert negotiating a layoff from Microsoft.

I diagnosed Robert with PTSD conflated from his stressful work environment. Our treatment has focused on introducing healthier coping mechanisms and supporting his abstinence from alcohol, which he previously used to manage stress. We have utilized Dialectical Behavioral Therapy (DBT) and Attachment-Focused Eye Movement Desensitization and Reprocessing (AF-EMDR) to process and alleviate his trauma.

Robert has made considerable progress, as he is now leading a healthier lifestyle and actively addressing issues related to his separation from Microsoft and family dynamics. Robert's retirement and our continued work together has seen a massive shift with Robert in his emotional and mental well-being and his ability to cope with current life stressors. Continued therapy is essential to support his ongoing recovery and general mental wellness.

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