

HEADER OMITTED FOR PRIVACY

REPORT TYPE

PATIENT NAME: Last, First
DATE OF EVALUATION: MM/DD/YYYY
REFERRED BY:

This is a psychological consultation. The patient first name is **(PRIVATE)**. date of consultation March 1, 2017 prescribed. Her recites was seen today in psychological consultation. The patient reports she has been very anxious and overwhelmed. Church. Reports that she has repairs do on her home. She describes stress in her heterosexual relationship.

Today, the patient was moderately tense and anxious. I did reinforce murmurs ability to express versus repress her emotions. I did review with her cognitive restructuring and breathing techniques. She appeared to be calm and emotionally composed by the end of today's session. The patient does have ongoing symptoms of posttraumatic stress disorder, as well as acute generalized anxiety. We will continue the cognitive behavioral therapy. The patient is going on vacation for seven weeks. I will see her after she returns. End of dictation undersigned by **(PRIVATE)**. she will psychologist will just a copy in the chart thank you

(PRIVATE), Ph.D.
Licensed Psychologist

(PRIVATE)