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Treatment Summary

January 12, 2021

William Hodges:

This letter is confirming your treatment under my therapeutic care from 8/10/20-12/14/20. You attended 17 individual weekly counseling sessions. You were treated for both depression and anxiety. Special attention was given to exploring family of origin history, attachment styles, relationship distress, anger, grief, and boundaries.

During these sessions we focused on the following goals and plans for achievement:

- 1. Develop healthy thinking patterns and beliefs about self, others, and the world that lead to the alleviation of depression symptoms and help prevent the relapse of depression. • Worked toward achievement through: Narration of life's story to better understand where the depression and anxiety may have originated. (At one point in the therapeutic process it was recommended that you meet with a psychiatrist or primary care physician to explore medication options to go along with our talk therapy sessions. You were uncomfortable with that, but said you would think about it.)
- 2. Resolve the core conflict that is the source of anxiety. • Worked toward achievement through: Learn and implement coping skills that result in a reduction of anxiety and worry, and improved daily functioning. Coping skills discussed included breathing exercises, relaxation exercises and mindfulness techniques.
- 3. Decrease dependence on relationships while beginning to meet own needs, build confidence, and practice assertiveness. • Worked toward achievement through: Explore history of emotional dependence extending from unmet childhood needs to current relationships. Develop a family genogram to increase awareness of family patterns of dependence in relationships and assess how you may be repeating them in recent/current relationships. Take an attachment style quiz to determine likely attachment style (Results were mixed: secure-16 and anxious/ambivalent-16).
- 4. Increase awareness of own role in relationship conflicts, and learn to identify escalating mood and behavior that leads to increased interpersonal conflict. • Worked toward achievement through: Help you to slow down your process through deep breathing exercises and grounding techniques.
- 5. Increase respectful communication through the use of assertiveness skills. • Worked toward achievement through: Achieve assertiveness skills through active listening exercises by helping you with reflections of thoughts and feelings.
- 6. Resolve the relationship loss through letting go, and reengaging in old/current relationships and initiating new contacts. • Worked toward achievement through: Create a safe environment for disclosure and actively build the level of trust with you in individual sessions through active listening, unconditional positive regard, and warm acceptance to help increase your ability to identify and express thoughts and feelings.
- 7. Learn to stop, listen, and think before acting. Reduce the frequency of impulsive words/behaviors and increase the frequency of words/behaviors that are carefully thought out. • Worked toward achievement through: Assist you in making connections between your impulsivity and the negative consequences for yourself and others.

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You made progress in some of these areas as evidenced by self-reporting and observations in therapy. However, it was recommended that you receive continued therapeutic care to keep working on your goals. At the beginning of your last session you stated that you wanted to terminate therapy. We talked through that decision, as well as your current mental state at the time, and you were then reminded that if you chose to pursue therapy again that we would help to facilitate that process. 

If you have any additional questions or concerns please contact us at Bradley Free Clinic by calling 540-344-5156.

Sincerely,

Neil Richey, MA, NCC

(Resident in Counseling, VA #0704013119)

Under the supervision of Ms. Linda Franke, LPC.

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