

Client Name: RASPBERRY TEST

Welligent ID: 5161761

Birth Date: 08-Sep-1980


IBHIS ID (DMH Clients): _



Appointment Details

Date of Service: 27-Aug-2020
 Scheduled/Start Time: 10:31AM
 Appointment Duration or Face to Face: 11 (Minutes)
 Date Marked as Complete: 14-Sep-2020 09:45AM
 Non-Billable Time: (Minutes)
 Provider: Cardenas, Jennifer
 Other Time (Not Face-to-Face): 6 (Minutes)
 Travel Time: (Minutes)
 Status: Completed
 Primary Action: Group Therapy - Psychotherapy
 Reporting Unit: SC
 Reporting Unit Address: Office
 Reporting Unit ID: Family: Non-Family:
 Place of Service: No Specify:
 Other Individuals Present:
 Collateral Visit:
 Service Strategy: 00-No Evidence Based Practice/Service Strategy
 Evidence Based Practice: 00-No evidence based practice
 Appointment Internal ID: 1377072663

Mental Health Notes

 Activities/Services	
Goals:	<p>This group therapy session focused on guiding participants in exploring the connection between conflict with peers and their emotional state. This group was facilitated in order to appropriately address and respond to individual client needs while maintaining the group structure and process. Client is working to develop and use replacement behaviors to cope with emotional distress and decrease self-harm.</p> <p>This group therapy session included 6 clients and lasted 66 minutes = 11 minutes per client</p>
Interventions:	<p>This clinician facilitated the group check in process and utilized verbal and non-verbal prompts to interrupt side conversations and distractions. This clinician led the group through a guided imagery exercise to support clients with increasing awareness of their emotions and sensations, while also improving their ability to engage in self-reflection. In order to increase comfort with the activity, this clinician modeled how to work through discomfort and participate in the activity with an open mind. Clinician led the group through a series of fictitious scenarios and prompted them to label the emotions within the scenarios, accord to the character's thoughts, actions, and physical responses. Clinician invited clients to share instances in which they have experienced similar emotions.</p>
Response:	<p>Client expressed discomfort with closing her eyes during the guided imagery exercise and agreed to use a visual focal point in lieu of closing her eyes. Client participated in the activity</p>

	of identifying emotions in the scenario activity, but declined to share any experiences of resonance.
Progress:	Client's distress tolerance skills are improving slightly and she is continuing to work on these issues.
Plan:	This clinician will continue to work with client to manage her anxiety by using the guided imagery exercises.

Signatures

Electronic Signature/Credentials

Jennifer Cardenas, LCSW

September 14, 2020 09:45:53 am

Date of Signature