

Clinical Treatment Not Example

Appointment Details

Practitioner

Date / Time

Duration

Location

Patient

Name

Date of Birth

Progress

Has had cannabis oil for the last week - thinks it's making a bit of a positive improvement - getting in the pool

Signs/Symptoms/MSE

Feeling a bit flat - sale of property issue

Risk

Nil

Topics

Mood

Triggers - taking friend to hospital - discussed trauma response and psycho ed re physiology

Sale of property - uncertainty - staying present

Negative spiral - rabbit hole - discussed being best self

Interventions

Reviewed journaling - identified themes of defectiveness leading to mood and behaviour changes - 'catch the pattern'
Psychoed re trauma and the limbic system - Reframing story of self

Square breathing

Discussion

Response/outcome

Felt better understanding why brain is doing what its doing and how that's related to symptoms

Plans

Continue reframing exercises next session - MI to improve attendance at rehab sessions

Homework

Continue journaling - best self essay