QUIET GROWTH BEHAVIORAL HEALTH

GROUP THERAPY NOTE

Quiet Growth Behavioral Health Main Campus
123 Mainstreet
Phoenix, AZ, 85355
(405) 578-5031

Session Date: Jun 30, 2026

PATIENT INFORMATION

PATIENT NAME:	DATE OF BIRTH:	MRN:
George Howard	**Jul 18, 2001**	**MRN-00000020**
MEMBER ID:	ADMISSION DATE:	
AC123456789	**Jun 30, 2026**	

PRIMARY DX:
F41.1 - Generalized Anxiety Disorder

SECONDARY DX:
F32.1 - Major Depressive Disorder, Single Episode, Moderate severity, in partial remission

CLINICAL CONTEXT

Active Diagnoses

#	Code	Diagnosis	Category	Status
1	**F41.1**	Generalized Anxiety Disorder **Primary**	Mental Health	**Active**
2	**F32.1**	Major Depressive Disorder, Single Episode, Moderate severity, in partial remission	Mental Health	**Active**

Active Medications

Medication	Route	Frequency	Instructions
Sertraline 100mg Tablet	By Mouth	Daily	*Sertraline · 100mg · 1 Tablet(s) · By Mouth · Daily · (5 on hand)*
Steriline 300mg Tablet	By Mouth	Daily	*Steriline · 300mg · 2 Tablet(s) · By Mouth · Daily · (3 on hand)*

SESSION DETAILS

Session Date	Start Time	End Time
Jul 1, 2026	10:30	11:00
Session Modality	**Setting**	
In Person	Group	

Session Topic	Anger management
Intervention Types	• Counseling
Therapeutic Approaches	• Psychoeducation
Group Session Notes	The session focused on teaching techniques for anger management.

BEHAVIOR

Affect	Neutral
Clinician Observation	Discusses impact of alcohol on anger triggers
	Discussed the impact of alcohol on anger triggers with moderate participation and engagement, focusing on mental health, medication management, daily living skills, and patient-stated goals.

INTERVENTION

Goals	1. Anxiety Symptom Reduction 2. Depression Symptom Maintenance 3. Medication Adherence and Monitoring 4. Daily Activity Engagement 5. Patient-Stated Goal Clarification
Focus Areas / Barrier Domains	• Mental Health • Medication Management • Daily Living Skills (ADLs) • Patient-Stated Goal
	Clinician provided psychoeducation on anger management techniques, linking the content to George's Anxiety Symptom Reduction and Daily Activity Engagement goals by reinforcing coping skills and relaxation practices as outlined in his treatment objectives.

RESPONSE

Participation Level	Moderate
Therapeutic Engagement	Engaged
Therapeutic Progress	Moderate
Client Takeaway	Resident refrains from shouting at others.
	George acknowledged the connection between alcohol use and anger, reporting he refrains from shouting at others, demonstrating insight and moderate progress toward emotional regulation.

PLAN

Plan Forward

• Continue Current Plan

Continue reinforcing anger management strategies and explore alcohol's role in anger triggers during individual therapy, encouraging George to practice restraint and relaxation techniques between sessions to support his stated goal.

SIGNATURES

BEHAVIORAL HEALTH PROFESSIONAL SIGNATURE *

Signature of the Behavioral Health Professional.



SOFIA BROOKS, LCSW *Jul 1, 2026 10:19 AM UTC-7*

✓ *Electronically signed*

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