QUIET GROWTH BEHAVIORAL HEALTH INDIVIDUAL THERAPY NOTE

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

Session Date: Jun 29, 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
Jun 30, 2026	16:00	17:00
Session Modality	**Setting**	
In Person	Individual	

Session Topic	Anger Management
Intervention Types	• Counseling
Therapeutic Approaches	• Psychoeducation

BEHAVIOR

Affect	Neutral
Clinician Observation	Links alcohol use to anger escalation
	George linked his alcohol use to episodes of anger escalation, participating moderately and showing engagement while focusing on mental health, medication management, daily living skills, and clarifying his patient-stated goal.

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 and counseling on anger management strategies, emphasizing coping skills that support George's Anxiety Symptom Reduction and Daily Activity Engagement goals, specifically advancing his ability to practice relaxation techniques daily and attend individual CBT sessions twice weekly.

RESPONSE

Participation Level	Moderate
Therapeutic Engagement	Engaged
Therapeutic Progress	Moderate
Client Takeaway	Patient stated he will refrain from striking the wall in the future.
	George acknowledged the connection between alcohol use and anger and stated he will refrain from striking the wall in the future, demonstrating insight and moderate progress in managing anger triggers.

PLAN

Plan Forward

• Continue Current Plan

Continue individual therapy targeting anger management and substance use links, reinforcing relaxation practice and coping skills between sessions to support anxiety reduction and daily living goals, with focus on preventing anger escalation related to alcohol use.

SIGNATURES

BEHAVIORAL HEALTH PROFESSIONAL SIGNATURE *

Signature of the Behavioral Health Professional.



SOFIA BROOKS, LCSW *Jun 30, 2026 4:07 PM UTC-7*

✓ *Electronically signed*

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