

Notes Shared by Your Providers

Progress Notes

Rebecca Owen Ruid, PhD at 1/31/2022 15:00

Psychological Services Psychotherapy Progress Note

Name: Leila J Flanagan
MRN: 0014829279
DOB: 6/4/2009

Date of Service: 1/31/2022
Referring Provider: Paul Jon Parker, MD
Primary Care Provider: Parker, Paul Jon, MD (General)
Diagnosis Code: 1. Anxiety

Start Time: 3:00 PM
End Time: 3:30 PM
Duration of Session: 30 minutes
Session Type: 90832: Psychotherapy, 16-37 minutes with patient
..TELEMEDICINE VIDEO VISIT

Today's visit was provided through telemedicine video conferencing secondary to the Covid-19 crisis:

The location of the patient : Home
The following individual(s) participated in today's visit:
Patient

The location of the provider: VT home office
The following staff and their role did participate in today's encounter visit:
Rebecca Owen Ruid, PhD

Subjective:

"I'm ok. There is something I want to talk about"

Objective:

Appearance: Healthy and Well-groomed
Behavior: appropriate
Speech: of normal rate, tone and volume
Mood: good
Affect: congruent with reported mood
Thought Process: logical and organized
Thought Content: is free of evidence for psychosis and contains no expressed suicidal thoughts
Cognitive (MMSE if indicated): WNL

Assessment:

Leila presents as a pleasant pre-adolescent that has struggled with significant parental discord and the impacts of this on her splitting her time between two homes. Anxiety in

multiple forms appears present perhaps related to, or independent, of family stresses.

Summary of Goals:

Goal 1: decrease anxiety

Goal 2: improve coping

Goal 3: Improve family relationships within and between homes

Session content:

Prior to today's visit the following email was received from Leila's mother:

Hi Rebecca,

I just got off the phone with Leila who is at her Dad's house. I'm very concerned over events that took place that Leila has shared where Tina was again physical with Leila. Leila just shared that while Ed was at work Tina forced Leila to sit in a chair for close to 2 hours and then lifted the chair up while Leila was in it, throwing it and Leila onto the floor. I don't know what to do but this has to stop. I want to reach out to Ed but I can't do so as I know Leila will be punished. I would like to be sure that you will be meeting with Leila tomorrow and will talk to her about this experience. Please let me know if you have any questions or if you have suggestions for how I can handle this ongoing situation.

Thank you,

Nancy

Leila shared that she would like to discuss "something that happened at my dad's house" and proceeded to share her recollection of the event above. Leila stated that she and her father had a disagreement the night before and her step-mother entered her room requesting they discuss it the next day. Leila shared that she simply stated she didn't want to talk and ignored her step-mother. Per Leila, this frustrated her step-mother who, over time, offered various choices when Leila maintained a refusal to talk (ie, "You can sit in this chair until you are ready to have a conversation with me" to which Leila shared she opted to remain in the chair doing her nails and engaging in other activities. "You can come out and fake it till you make it or go to the shop and work with your dad." to which Leila shared that she stated she did not want to do either and was going to remain in her room). Both Leila and her step-mother seemed to escalate emotionally and verbally with Leila becoming increasingly belligerent and her step-mother becoming more controlling of choices. Leila did share that her step-mother "picked up the back of the chair I was sitting in to get me up" after Leila refused to get up. She demonstrated this motion with her chair. This resulted in Leila sliding to the floor. She denied injury, or that she or the chair were "thrown". Leila has not discussed this incident with her father or step-mother. Processed why doing so is important as well as what Leila may wish to share about the incident. Agreed that we will develop a list of points Leila would like to make next visit after Leila has time to consider this. Processed how Leila's choice to provide minimal communication and behave in a defiant manner likely escalated the situation and how Leila could have more clearly communicated her thoughts and feelings as well as understand what her step-mother was asking of her.

Responded briefly to maternal email to inform her that the issue was discussed and reassure her that a plan is being made to discuss the incident with Leila's father and step-mother in addition to Leila taking accountability for her choices that did not seem to be communicated with her mother in the moment.

Plan:

1. Continue psychotherapy as described in treatment plan.
2. Patient and/or their family knows to contact me if needed.
3. Case discussed with Outpatient team, including the referring physician or qualified NPP.

Rebecca Owen Ruid, PhD

Licensed Psychologist - Doctorate

2/1/2022 12:32