

Notes Shared by Your Providers

Progress Notes

Rebecca Owen Ruid, PhD at 4/1/2022 15:00

Psychological Services Psychotherapy Progress Note

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

Date of Service: 4/1/2022
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. I have had a hard week at my dads."

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:

Leila shared that she had a difficult time at her father's home. Emailing me was somewhat helpful. However, she shared frustration that her fish died and her step-mother indicated that they were not initially going to tell her that, that she got 'hurt' a lot, and that she was not permitted to go for a walk by herself when requested. She feels this stress has led to increased skin picking. Encouraged Leila to continue to focus on increasing her communication with her father and step-mother as she often does not share relevant information or feelings and then becomes upset that they are unaware. Role-played how she may have asked to go on a walk and what information would have been beneficial to share. Discussed using fidgets and other incompatible behaviors to decrease skin picking.

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
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