

## Notes Shared by Your Providers

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### Progress Notes

Rebecca Owen Ruid, PhD at 3/24/2022 11:00

#### Psychological Services Psychotherapy Progress Note

**Name:** Leila J Flanagan

**MRN:** 0014829279

**DOB:** 6/4/2009

**Date of Service:** 3/24/2022

**Referring Provider:** Paul Jon Parker, MD

**Primary Care Provider:** Parker, Paul Jon, MD (General)

**Diagnosis Code:** 1. Anxiety

**Start Time:** 11:00 AM

**End Time:** 11:30 AM

**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 a few small things 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:**

Leila shared that she is anxious about a performance she has tomorrow night. Discussed thoughts that are leading to anxiety and reviewed the cognitive triangle. As Leila seems to respond well to concrete information, provided the following steps to address this anxiety:

1. Problem solving (did this collaboratively in session)
2. Worst-case-scenario thinking (Leila demonstrated this in session)
3. Stop the cognitive spiral (introduced concept and discussed intervention)

Leila shared concern about communicating with her father. She stated she does not want to go to the store between school and concert tomorrow and would like help in how to ask him if this is allowable. Role-played. Leila also asked what she should do if he says she cannot do this - encouraged recognition of the importance of being able to ask to understand the response and then accept.

**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  
3/25/2022 11:50

## Notes Shared by Your Providers

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### Progress Notes

Rebecca Owen Ruid, PhD at 3/17/2022 13:30

#### Psychological Services Psychotherapy Progress Note

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

**Date of Service:** 3/17/2022  
**Referring Provider:** Paul Jon Parker, MD  
**Primary Care Provider:** Parker, Paul Jon, MD (General)  
**Diagnosis Code:** 1. Anxiety

**Start Time:** 1:30 PM  
**End Time:** 2:00 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've been worried a lot about physical stuff."

#### 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 has been very concerned about physical symptoms she is experiencing. Reassurance from caregivers has not been helpful. Processed anxiety and developed a stepped plan that Leila will follow before reaching out to an adult for reassurance/care.

1. Calm body
2. Logical thinking
3. Any first aid that could help (ie, ice pack, cold water to drink)
4. Distraction
5. Seek adult support

Leila agreed to the above steps.

**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  
3/17/2022 14:08