

**Clinician**

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**Client**

**Name:** Jane Doe  
**Age:** 33  
**Date of Birth:** 1993-02-07  
**Primary Diagnosis:** (F41.1) Generalized anxiety disorder

**Data**

The client attended a 53-minute individual therapy session, presenting with ongoing anxiety related to work stress and difficulty in setting boundaries. The client reported increased rumination, sleep disturbances, and feelings of emotional exhaustion over the past week. The session focused on identifying cognitive patterns contributing to anxiety, enhancing insight into emotional triggers, and practicing grounding and reframing strategies. The client was engaged, reflective, and capable of articulating internal experiences. Therapeutic interventions included psychoeducation, cognitive restructuring, and emotional validation, which facilitated moderate progress toward treatment goals.

**Assessment**

The client continues to experience symptoms consistent with Generalized Anxiety Disorder (F41.1), manifested through work-related stress, rumination, and emotional exhaustion. The client's ability to engage and reflect on cognitive patterns indicates a growing insight into her emotional triggers. The mood was observed as calm, with appropriate affect and behavior, and no abnormal physical or speech patterns were noted. The client demonstrated moderate progress toward treatment goals, evidenced by her engagement with cognitive restructuring and grounding techniques. No immediate risk to self or others was identified during the session.

**Plan**

The plan for the client includes continuing individual therapy sessions focusing on cognitive-behavioral strategies to manage anxiety symptoms. The client will practice grounding and reframing techniques between sessions to strengthen coping skills. Future sessions will aim to further explore boundary-setting in work environments and continue enhancing insight into cognitive patterns. The therapist will provide ongoing psychoeducation and emotional validation to support the client's progress. Follow-up appointments will be scheduled to monitor the client's engagement and progress toward treatment goals.

**Date:** 02/02/2026