

**Clinician**

Dr. Alex Morgan, LCSW
Harbor Point Behavioral
Health
1234 Meridian Avenue,
Suite 400
Baltimore, MD 21201
NPI: 1999999999

Client

Name: Jane
Age: 33
Date of Birth: 1993-02-03
Primary Diagnosis: (F41.1) Generalized anxiety disorder

Subjective

The client reported ongoing depressive symptoms characterized by low mood, decreased motivation, and difficulty maintaining daily routines. The client also described experiencing increased fatigue, disrupted sleep, and feelings of self-criticism, particularly related to perceived underperformance at work. Despite these challenges, the client mentioned partial use of previously discussed coping strategies, although these have provided limited relief. The client is actively aware of these symptoms and expressed a desire to improve her overall well-being.

Objective

During the session, the client appeared withdrawn but remained cooperative. Observable indicators included slowed psychomotor activity and soft speech, suggesting a subdued affect. Despite the subdued demeanor, the client was attentive and engaged during the conversation. No signs of acute distress were observed, and the client's mental status exam was within normal limits. Importantly, the client did not exhibit any risk of harm to herself or others.

Assessment

The client's presentation aligns with ongoing symptoms of depression, which appear to be contributing to her difficulty in maintaining daily functions and overall life satisfaction. The depressive symptoms are likely intertwined with the client's primary diagnosis of generalized anxiety disorder, possibly exacerbating her self-critical thoughts and reduced motivation. The session revealed the client's partial implementation of coping strategies, highlighting both her insight into her symptoms and her willingness to engage in therapeutic interventions. The lack of full relief from these strategies suggests a need for continued focus on cognitive and behavioral techniques.

Plan

The plan moving forward involves continued use of Cognitive Behavioral Therapy (CBT) to address the client's depressive symptoms and enhance coping mechanisms. The therapist and client collaborated to develop realistic, small-scale behavioral goals for the upcoming week, focusing on behavioral activation to support mood stabilization. Psychoeducation regarding the impact of negative self-talk

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and strategies to counter it was provided. The client is encouraged to actively implement these strategies and will return for follow-up in the next session to evaluate progress and make necessary adjustments. No immediate risk concerns were identified, but ongoing monitoring will remain a priority to ensure the client's safety and well-being.

Date: 02/02/2026