## DISCHARGE SUMMARY

## [Adapted from http:www.notedesigner.com/guidelinestermination.html]

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| **Date** | March 18, 2021 |
| **Client’s Name** | Joseph I. Blaogh |
| **Case Number** | 39-27112-3853 |
| **Admission Date** | September 15, 2020 |
| **Termination Date** | March 18, 2021 |

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| **Admitting Initial Diagnosis/Assessment**300.01 Panic Disorder |
| **Discharge Diagnosis/Assessment**300.01 Panic Disorder, Moderate, In Full Remission |
| **Summary of Presenting Problem**This 35-year-old, single, Italian-American man came to the Emerge Mental Health Clinic after leaving home to live with his girlfriend (whom he plans to marry one day). The client sought treatment for feelings of social discomfort and a lifelong experience of feeling that he cannot express himself. The client stated that this was interfering with his work life and he feared it would limit his ability to advance in his profession as a business consultant. He described periods of intense anxiety that came on suddenly and which sometimes led to panic attacks. These periods of anxiety began shortly after having decided to move in with his girlfriend of 3 years. He stated that he grew up in a very traditional Catholic Italian family and that leaving home before marriage was frowned upon and created conflicts between him and his parents as well as with his girlfriend. This was his first time seeking services, having no previous admissions.Through the course of treatment, it became evident that the client was experiencing serious insomnia. Addressing his insomnia also became a focus. Issues of mourning and grief surrounding the death of his girlfriend’s father (who died during the course of treatment) also became an important focus. |
| **Course and Progress of Treatment**The client was seen on a once per week basis in supportive therapy with the incorporation of cognitive-behavioral techniques to address his panic attacks and insomnia. A strong therapeutic alliance was easily established and maintained throughout the course of the work together. Though the client’s presenting problem included a subjective sense of not being able to express his thoughts and feelings, he was, in fact, quite an insightful, emotionally sensitive, and expressive person who, when given sufficient space, could articulate his thoughts and emotions quite clearly. Continued exploration of this revealed that there had long been a lack of safe space in which he could express himself and listen to his own needs and desires.During the initial phase of treatment, the client gained significant awareness regarding his emotional position in his family of origin and how this was reenacted in different triangular relationships in his present life that were causing him distress (e.g., girlfriend/himself/mother; girlfriend/himself/best friend; father/himself/uncle). Working through his sense of responsibility to be the peacekeeper in the family allowed him to disentangle from this pattern and freed him to begin to better tend to his own needs. Improvements in his relationships with family and friends were evidenced following this period of insight and awareness.Another major focus of the treatment was moving toward greater emotional autonomy and psychological independence from his family of origin and building his own sense of himself as an adult. Related directly to his anxiety, the client felt strong pressure to fulfill the family’s expectations and aspirations for him which required him to constantly set aside his own wishes and desires in response. His moving out of the family home was found to represent an important attempt at asserting his need for independence that conflicted with the emotional demand to fulfill the desires of his family. His panic attacks also appeared to be linked to the intense guilt and conflict he experienced over leaving his family of origin. His panic attacks were addressed specifically via psychoeducation regarding the panic response, self-monitoring of precipitating thoughts and emotional responses, and the employment of relaxation techniques (e.g., deep breathing, muscle relaxation exercises). Over time, the client was better able to clarify and separate his authentic desires and wishes from those tied to the expectations of those around him. This led him to understand his dissatisfaction in working for the family business and re-examination of his career goals. The client was extremely overqualified for the type of work he was doing in the family business and his talents and potential were being underutilized there.Another important aspect of the therapy involved support of the client’s coping and self-care during the terminal illness and eventual death of his girlfriend’s father, to whom he was very emotionally attached. In sessions, the client learned to express and explore his own grief and loss while remaining available to support his bereaved girlfriend. It was learned that the client’s insomnia (sleeping only 3 to 4 hours per night and feeling very restless) were linked to a particular work related stress that involved having to fire a number of employees. His anxieties about asserting his authority were explored in this regard. The client was provided with information about “sleep hygiene” and relaxation techniques combined with guided imagery and progressive muscle relaxation. He also began a workout regime that he found very satisfying and which had a positive impact on his sleep in a short period of time.The client made significant gains during the course of treatment and reported being satisfied with his progress. He came to appreciate his capacity to express his needs, thoughts and feelings to others and experienced a strengthening of his relationships with family and friends as a result. The client gained greater awareness of his tendency to neglect his own needs and wishes and created a more balanced lifestyle that included work, relationships, and leisure time activities. He was able to use his time in sessions to explore and better clarify his career aspirations and the factors that had been preventing him from making a job change. The support he received in weekly sessions proved to be helpful in enhancing his ability to cope with the loss of his girlfriend’s father as well as his girlfriend’s depression. The cognitive/behavioral interventions adequately addressed the client’s panic attacks and insomnia, both of which are fully resolved at the time of discharge. The client reports his mood and self-confidence have improved and his Global Assessment Functioning score is now in the “high functioning” range with minimal symptoms upon termination. |
| **Recommendations** Although the client has made significant progress and met his identified goals during the course of treatment, in the interest of maximizing his emotional wellbeing and self-awareness, he may consider engaging in a men’s group at a later date. |
| **Follow Up Information**No specific follow-up plan is currently indicated. The client has been informed that he is free to contact the clinic in the future if the need arises. |
|  **Barbara J. Nowak, LCSW 6922 3/18/21****\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_****[Social Worker’s Signature/Licensure] [Date]** |