

BIRP Notes

Patient Information

Name: Asher Kingston

Gender: Male

Date of birth: 08/23/1998

Date: 12/03/2024

Behavior

Client presented with visible anxiety symptoms including rapid speech, fidgeting, and difficulty maintaining eye contact. Reports persistent worry about academic performance, sleeping 4-5 hours per night, and experiencing panic attacks 2-3 times weekly. Describes avoiding class presentations and group projects. PHQ-9 score: 14. GAD-7 score: 18.

Intervention

Used CBT techniques to identify cognitive distortions around academic performance. Introduced progressive muscle relaxation and diaphragmatic breathing exercises during session. Explored family dynamics and performance expectations using open-ended questions. Provided psychoeducation about sleep hygiene and anxiety cycle.

Response

Client was receptive to breathing exercises and successfully achieved relaxation state after 10 minutes of practice. Demonstrated insight into connection between perfectionist thoughts and anxiety symptoms. Expressed relief when discussing family pressures and showed willingness to challenge negative thought patterns. Agreed to maintain sleep log and practice relaxation techniques.

Plan

1. Practice progressive muscle relaxation daily using provided audio guide
2. Maintain sleep diary for next two weeks
3. Begin gradual exposure to public speaking situations starting with small study groups
4. Schedule follow-up appointment in one week
5. Consider consultation with university counseling center for academic accommodations
6. Continue monitoring anxiety symptoms with weekly GAD-7 assessments

Clinician name: Dr. Maya Queens

Signature: Dr. Maya Queens

Credentials: PhD, Licensed Clinical Psychologist

Date: 12/03/2024

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