

GIRP Note Template

Client Information

Sam

Rogers

First Name

Last Name

18/04/1995

01/12/2022

Date of Birth

Date/Time

Goals

Patient has short term goal of being able to hold short conversation with people for up to 2 minutes.

Patient's long term goal is to reduce social anxiety, able to talk to strangers, and form new social connections.

Intervention

Used ACT (acceptance and commitment therapy) to help the patient to conduct conversations under emotional distress and anxiety.

Used CBT to explore patient's underlying concerns that are truly hindering their ability to connect with people, other than just ACT.

Response

Patient responded well to ACT, and are motivated to initiate new conversation while noticing and accepting their emotional distress.

Patient didn't respond well to CBT, and is unwilling to proceed. During the progress, certain childhood trauma was touched on which made the patient emotionally unstable and terminated the progression of this method.

Plan

Continue using ACT to help patient building social confidence. Can use CBT further in future if more trust is built with patient.

Childhood trauma can be worth looking into to improve underlying behavior patterns of patient. However, this shouldn't be further explored until the patient feels more comfortable and emotionally resilient.

Dr. Susan Jones

Clinician Name (Printed)



Clinician Signature

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Hussin A.Rothana



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