

Clinical Record

Name: [REDACTED]

Provider: Ilyssa Swartout, Psy.D.

Date: 6/2/2004

Objective Ratings

Objectives Identified	First Progress Rating: 11/24/2003	Last Progress Rating: 6/2/2004
<ul style="list-style-type: none">• Describe the signs and symptoms of PTSD that are experienced and how they interfere with daily living.• Identify negative coping strategies that have been used to cope with the feelings associated with the trauma.• Identify internal and external stimuli that trigger PTSD symptoms.• Verbalize an understanding of the fact that recurring memories of trauma rarely cease completely and that coping with them is a lifelong process.• Acknowledge that healing from PTSD is a gradual process.• Verbalize the strong emotions that are associated with the sexual trauma.• Identify coping strategies to deal with trauma memories and the associated emotional reaction.• Increase involvement in positive, pleasurable activities.• Practice relaxation methods that do not increase the physical sensations associated with the abuse.• Make a list of 20 distracting techniques, and practice using them when feelings become overwhelming.• Implement the use of physical exercise on a daily basis in order to reduce PTSD symptoms and increase the sense of control and mastery over the body.• Verbalize an increased sense of mastery over PTSD symptoms by using a number of techniques to cope with flashbacks, decrease the power of triggers, and decrease negative thinking.		Completed Some Progress Some Progress Some Progress Completed Some Progress Some Progress Some Progress Some Progress Completed Some Progress

Prognosis

Prognosis Rating of successful achievement of Goals: Good

Rationale for Prognosis Rating: Resolution of trauma and able to think clearly and rationally.

Provider Credentials

Primary Treatment Provider

Ilyssa Swartout, Psy.D.

Psychologist

License: 3612

[REDACTED]
[REDACTED]