

# Discharge Sample

**Patient Name:** Morgan Jones

**Date of Discharge:** 05/30/2022

**Diagnosis at Discharge:**

F43.10 Post Traumatic Stress Disorder

**Reason for Discharge:**

Morgan has made significant progress toward initial treatment goals focused on their trauma-related symptoms. Sleeping difficulties have been resolved with implementation of a new routine that resulted in significantly improved sleep hygiene. Additionally, Morgan received psychoeducation on trauma's impact on brain function and how trauma-related symptoms were relevant to the therapy process. Lastly, Morgan learned and integrated progressive relaxation techniques in their daily routine with great success.

While Morgan made significant progress in treatment and met initial treatment goals, they could benefit from continued work on addressing other trauma-related symptoms. Other symptoms and difficulties include avoidance, dysregulated mood, and depersonalization. However in discussion with the therapist, Morgan would like to end treatment at this time. They feel the acute nature of their distress that brought them to therapy has been resolved. Morgan feels capable of implementing the new skills learned in this episode of care. They have also been able to reinstitute other positive coping skills. GAD-7 results indicate mild symptoms of anxiety, which is improvement from first assessment, and are fairly well-managed by Morgan. No significant concerns noted on the functional assessment questionnaire for six weeks. Therapist agrees with the decision to end treatment.

**Risk Factors at Discharge:**

There is some risk to prematurely ending therapy when trauma-related symptoms (e.g., avoidance, dysregulated mood) are present, but not having a significant impact on daily living. Morgan has demonstrated capacity to seek out therapy in response to distress or decline in functioning.

**Referrals to Resources at Discharge:**

Morgan provided contact information for therapy referrals if in the future they wish to return to therapy with this therapist or another provider.