

Confidential Fax

Date: Monday, July 13, 2026

Recipient Name: Jenny Appleseed (Advanced Care)

Recipient Phone: 8335090495

Sender Name: John Dorian

Sender Phone: 8281234567

Pages: 2 (including this one)

This fax is covered by the Electronic Communications Privacy Act, 18 U.S.C. Sections 2510-2521 and is legally privileged. The information contained in this fax is intended only for use of the individual or entity named above. If the reader of this message is not the intended recipient, or the employee or agent responsible to deliver it to the intended recipient, you are hereby notified that any dissemination, distribution or copying of this communication is strictly prohibited. If you have received this communication in error, please immediately notify us and destroy this fax. Thank You!

To: Jenny Appleseed (Advanced Care)

From: John Dorlan

Date: Monday, July 13, 2026

Regarding: Anita Help

Patient: Anita Help - age 25, DOB: 01/01/2001

Thank you for referring Anita Help to my practice.

- The ICD-10 diagnosis of F90.0 was assigned.
- A treatment plan for this client has been established.
- A follow-up appointment has been scheduled.

Chart Note:

Chart Entry - 06/13/2026 - Locked

Subjective:

Client reports feeling overwhelmed and compares life to a "never ending game at Tetris," expressing a sense of constant challenge and instability. Client also describes feeling as if "grasping at straws," indicating difficulty managing current stressors. The session was conducted in-person. Client appears motivated to explore these feelings and work towards coping strategies.

Objective:

Therapist utilized cognitive-behavioral techniques to explore client's metaphoric expressions of life stress. Interventions focused on identifying cognitive distortions related to feelings of overwhelm and helplessness. Therapist engaged client in reflective dialogue to increase awareness of emotional responses and coping patterns. Session included validation of client's experiences and collaborative exploration of adaptive strategies. No indications of suicidal ideation or self-harm were observed. Client was attentive and actively participated throughout the session.

Assessment:

Client presents with symptoms of emotional distress characterized by feelings of overwhelm and difficulty managing life stressors. These symptoms appear to impact client's functional capacity in daily activities and emotional regulation. Client's metaphorical language suggests a perception of life as chaotic and uncontrollable, which may contribute to increased anxiety and frustration. No current risk factors for self-harm or harm to others were identified. Client is engaged in therapy and demonstrates insight into emotional challenges.

Plan:

- Continue to explore cognitive and emotional patterns contributing to client's distress.
- Introduce and practice grounding and mindfulness techniques to manage feelings of overwhelm.
- Assign client to journal daily about stress triggers and coping responses.
- Schedule next in-person session in one week to monitor progress and adjust interventions.
- Encourage client to identify and utilize social support resources as part of coping strategy.

Electronically signed on 06/17/2026 at 11:12 AM