

Major Depressive Disorder Treatment Plan

Client Information

Name: Jessa Clarkson Date of birth: 04-16-1997
Gender: Female Phone number: 555-555-5555
Email address: JessaGM@carepatron.com Date of consultation: March 27, 2023

Diagnostic Criteria:

The patient meets the diagnostic criteria for Major Depressive Disorder, as outlined in the DSM-5. Symptoms include depressed mood, loss of interest in activities, significant weight loss or gain, insomnia or hypersomnia, fatigue, feelings of worthlessness, and recurrent thoughts of death.

Treatment Goals:

1. Reduce symptoms of depression, including mood, sleep, and appetite disturbances.
2. Increase patient engagement in activities that promote pleasure and achievement.
3. Improve self-esteem and feelings of self-worth.
4. Develop healthy coping mechanisms to prevent relapse.

Interventions:

1. Psychotherapy sessions (weekly) to help the patient explore and modify negative thought patterns and behaviors, and to develop coping mechanisms to manage symptoms.
2. Medication management with an antidepressant prescribed by a psychiatrist.
3. Self-monitoring of mood, sleep, and appetite through a journal or mobile application.
4. Behavioral activation therapy to encourage the patient to engage in activities that promote pleasure and achievement.
5. Referral to a nutritionist to address weight loss or gain concerns.
6. Mindfulness and relaxation techniques to manage stress and anxiety.

Recommended Medication (Optional):

The patient will be prescribed 50mg of Sertraline (Zoloft) daily, with follow-up appointments with a psychiatrist to monitor efficacy and potential side effects.

Progress Notes:

Session 1 (1/1/2023): Patient reported symptoms of depressed mood, insomnia, and loss of appetite. Medication management was discussed, and the patient was referred to a psychiatrist for a prescription. The patient also agreed to keep a mood, sleep, and appetite journal.

Session 6 (2/5/2023): The patient reported improved sleep and appetite, with fewer instances of depressed mood. Behavioral activation therapy was discussed, and the patient agreed to engage in at least one pleasurable or achievement-focused activity per day.

Session 12 (5/16/2023): The patient reported feeling more positive about themselves, and self-esteem had improved. Mindfulness and relaxation techniques were discussed, and the patient agreed to practice these exercises regularly. Follow-up appointment with psychiatrist scheduled to assess medication efficacy and side effects.

JESSA CLARKSON

3-27-2023

Client's signature and date