

1 Patient Information**1 PATIENT DETAILS**

Name Amber J. Nakamura	Date of Service 05/06/2026
DOB / Age / Sex 04/03/1998 Age 28 Female	Provider Dr. Thomas E. Chambers, PhD
Session Type Individual DBT Therapy — Established Patient (Phase 2)	Duration 50 minutes

CC Chief Complaint**1 PRIMARY CONCERN**

Patient presented reporting an emotional crisis over the weekend following a perceived rejection by her boyfriend during a disagreement, triggering self-harm urges (no self-harm completed) and a 'splitting' episode.

B Behavior**2 OBSERVED & REPORTED BEHAVIORS**

Ms. Nakamura arrived 8 minutes late, appearing disheveled — stated she 'almost didn't come.' She sat with arms crossed, made limited eye contact initially, and described the weekend's events in a dysregulated, rapid speech pattern with visible emotional lability — tearful within the first 5 minutes then suddenly flat and dismissive ('It doesn't matter anymore'). She reported that on 05/03/2026 her boyfriend Kyle did not respond to her text messages for 4 hours, triggering an abandonment-related emotional cascade she rated at 9/10 intensity. She described calling him 7 times, sending progressively escalating texts ('You hate me,' 'I'm done with everything'), and ultimately driving to his apartment uninvited — where she discovered he had fallen asleep and had not seen her messages. Despite logical resolution of the event, she reported that she experienced strong self-harm urges that evening (scratching impulses, rated 6/10) — she did not act on them and instead texted the DBT skills coach on call, which she credited with preventing self-harm. She reports current mood at 4/10. She denies active suicidal ideation with plan or intent at this time. No self-harm completed since the prior session. Denies substance use.

I Intervention**3 THERAPEUTIC & BEHAVIORAL INTERVENTIONS PROVIDED**

Session focused on DBT chain analysis of the abandonment-triggered crisis episode, identifying vulnerability factors (poor sleep Thursday and Friday, skipped meals Saturday), prompting event (unanswered texts), links in the chain (emotional reasoning, mind-reading), and crisis behavior urges. Patient demonstrated ability to identify 3 alternative responses she could have used earlier in the chain. Therapist reinforced skills coaching call as an effective opposite-to-emotion action. Practiced TIPP skill (Temperature — patient agreed to use cold water on face next time urge intensity exceeds 6/10). Reviewed interpersonal effectiveness skill DEAR MAN for how to approach the conversation with Kyle to express her needs without blame. Validated the pain of fearing abandonment while simultaneously challenging the catastrophic interpretation.

R Response**4 PATIENT RESPONSE TO INTERVENTIONS**

Ms. Nakamura was initially resistant and dismissive — stated 'DBT doesn't work for this kind of pain' during the first 10 minutes. Therapist used irreverence and validation alternation, which is a DBT dialectical strategy — patient shifted toward engagement after her pain was acknowledged without minimization. By session midpoint, she was actively participating in chain analysis, identifying 4 links in the behavioral chain independently.

She made eye contact consistently during the final 20 minutes and smiled briefly when recounting successfully using the skills coach line. She agreed to practice DEAR MAN with Kyle this week — rated confidence at 5/10.

P Plan

5 NEXT STEPS

1. Continue DBT Phase 2 — individual therapy weekly. 2. Homework: Complete full chain analysis on paper for the 05/03 episode using the worksheet provided. 3. Practice DEAR MAN script with Kyle — write out the script before the conversation. 4. Sleep regulation — commit to 7-hour sleep window; use sleep diary through the week. 5. Safety plan updated — TIPP added as a crisis intervention skill with specific instructions. Skills coach line reinforced as first contact for urge intensity $\geq 6/10$. 6. Next DBT skills group: 05/08/2026 — topic: Interpersonal Effectiveness Module, Week 3. 7. If self-harm is completed or SI with plan develops before next session, patient to call crisis line (988) or present to ER.

F Follow-Up

6 NEXT SESSION & MONITORING PLAN

Timeframe for Next Session & Monitoring

Return in 1 week (05/13/2026). Review chain analysis homework and DEAR MAN script outcome. Safety check and mood rating at session start.

TIME DOCUMENTATION & BILLING

Total Time

50 minutes

Counseling Time

50 minutes

Primary Dx Code

F60.3 — Borderline Personality Disorder

CPT Code

90837 — Individual Psychotherapy, 60 minutes

Basis

Time-based

Secondary Dx Code(s)

F33.0 — MDD, recurrent, mild; Z63.0 — Relationship distress with intimate partner

PROVIDER NAME

Dr. Thomas E. Chambers, PhD

CREDENTIALS

PhD — Clinical Psychology

DATE & TIME

05/06/2026