

Healthy You

Tuesday 29 Aug 2019

Dr Alison Johnson
Better Health Medical Centre
1004 High Street
Epping VIC 3056

Dear Dr Johnson

RE: Trevor Jenkins
DOB: 20th June 1983

Thank you for referring Trevor. He has now attended six sessions with me. Consistent with your referral, the initial assessment Trevor described a six-month history of depressive symptoms, including lowered mood, initial insomnia, appetite loss, depressive cognitions, anhedonia and reduce motivation.

Treatments provided to date have included psychoeducation, behavioural activation and activity scheduling, stress resilience skills training, sleep management, and education with respect to understanding the connection between Trevor's unhelpful thinking patterns and his mood.

Trevor has engaged well in treatment and reports improved mood, increased capacity to initiate sleep, improved appetite, and some improvements to motivation and anhedonia. These improvements were also noted by Trevor's wife (Stacey) who attended his latest appointment.

In my opinion, it would be advantageous to continue treatment to consolidate the acquired gains and continue with the provision of Cognitive-Behaviour strategies to assist Trevor better identify and manage his thinking patterns.

Trevor reported being ready to recommence work, initially for three days a week with a gradual increase to full-time. I think this is appropriate given his improvement. If you are comfortable with this plan please kindly provide Trevor with a letter to this effect at his upcoming review with you as this is required by his employer.

I will provide an update at the conclusion of the next set of sessions. Please feel free to contact me on 555 4729 should you have any questions, suggestions or concerns at any stage.

Kind regards

Dr Miranda Tinel
Psychologist
The Healthy You Clinic