

Add-on Therapy for ADHD Example:

General Example

Service: Add-on Psychotherapy

Start time: 0900 End time: 0920

General Patient Observation: A/O x4, visibly agitated but able to engage in the therapeutic process with redirection.

Goal: Develop strategies to improve emotional regulation and reduce intensity of emotional outbursts

1. **Problem Addressed:**

- **DSM:** Patient exhibits frequent emotional dysregulation characterized by heightened emotional reactivity and difficulty returning to baseline, resulting in strained interpersonal relationships and workplace conflicts.
- **Patient Awareness:** “I don’t know why I get so angry so fast. It’s like I can’t stop myself, and then I regret it later.”

2. **Medical Necessity:**

- Uncontrolled emotional dysregulation due to ADHD has led to progressive interpersonal conflicts and risk of job termination, negatively impacting functional status and psychosocial well-being.

3. **Therapy Objective:**

- Learn and practice self-regulation techniques to identify triggers and manage emotional responses effectively.

4. **Intervention:**

- Utilized psychoeducation on the impact of ADHD on emotional regulation and introduced the STOP technique (Stop, Take a breath, Observe, Proceed) as a grounding strategy. Guided patient through a role-play exercise to practice using the STOP technique in a hypothetical workplace conflict.

5. **Response to Intervention:**

- Patient stated, “I never thought about pausing before reacting. This makes sense. I think I can try this at work when I feel myself getting upset.”
- Prognosis: Cautiously optimistic with consistent practice of learned skills.

Session Homework: Patient will use a daily emotional tracking journal to document triggers, intensity of emotions (1-10 scale), and coping strategies used. Patient will practice the STOP technique at least once daily and reflect on its effectiveness.