



Cynthia Vincent, Ph.D.

PSY 17076, MFT 30076

CLIENT NAME: Todd Giffen
DATE OF BIRTH: March 13, 1985
AGE: 29

DATE OF SERVICE(S):

Todd Giffen began outpatient psychological treatment on June 19, 2014. He initially was seen twice a week. Currently, he attends weekly sessions. Todd has difficulties getting to sessions due to the physical effects of recurrent trauma.

REFERRAL SOURCE AND REASON:

Todd self-referred for individual counseling to address symptoms of anxiety and depression related to trauma.

SPECIFIC PROBLEMS:

The main issues presented at initial evaluation were anxiety, depression, numbness and emotional detachment, feelings of hopelessness and helplessness, psychosomatic concerns, and physical symptoms related to previous injuries and trauma. Todd reports significant abuse in his past; originating in childhood, maltreatment while in Oregon State Hospital, physical assault from law enforcement, and being a "targeted individual". He reports being illegally and covertly harassed, abused, gang-stalked and spied upon by an organized group of persons. In addition, Todd is seeking assistance with coordinating medical care, being properly assessed for injuries, and legal assistance into addressing the reported government abuse, victimization, and traumatization in his life.

DIAGNOSIS: 309.21 Posttraumatic Stress Disorder, Chronic
300.02 Generalized Anxiety Disorder

TREATMENT GOALS:

- Explore and resolve issues relating to history of abuse and victimization
- Improve mood
- Develop strategies to reduce symptoms
- Reduce anxiety and improve coping skills
- Learn appropriate ways to express different feelings
- Improve personal hygiene and attentiveness to independent/age appropriate self-care
- Cope with stress of physical health issues and chronic pain

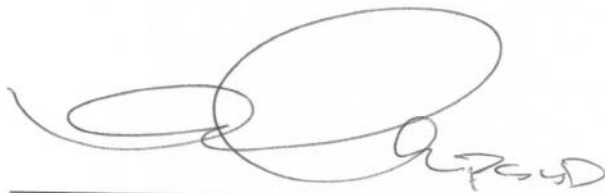
phone 209.529.7807

fax 209.529.7919

- Improve sleep
- Develop interests outside of the home
- Acclimate to living in a community
- Establish/maintain civil and supportive behavior
- Improve social skills
- Learn and use effective communication strategies
- Improve ability to see the world as others do and understand perceptions

Please feel free to contact me if you have any questions or concerns.

Sincerely,

A handwritten signature in black ink, appearing to read 'Misty Getrich', written over a horizontal line.

Misty Getrich, Psy.D.
Licensed Psychological Assistant
PSB 37800

10/08/2014

Cynthia Vincent, Ph.D.
Licensed Clinical Psychologist
PSY 17076