

Client: Sandra

Date of Discharge: 6/14/2024

PROGRESS IDENTIFIED	<p>After six months of attendance to weekly therapy sessions, Sandra has made significant progress in her treatment journey. She successfully built motivation for sobriety and transitioned into the action stage of change. Through the integration of meditation, mindfulness, and creative expression within her therapeutic framework, Sandra developed coping skills that have enhanced her ability to manage anxiety and cravings effectively. Additionally, she improved ability to make and maintain contact with her emotions, self, and others substantially.</p> <p>Throughout her therapy, Sandra identified that her triggers for alcohol use extended beyond anxiety, uncovering that attachment patterns and dynamics within her relationships with her husband and parents played a significant role. This insight led her to begin attending Alcoholics Anonymous meetings, where she has actively participated and achieved six months of sobriety. She has engaged with the community, found a sponsor, and is currently working on Step 3 of the AA program.</p>
GOALS MOVING FORWARD	<p>Acknowledging the need for more specialized support, Sandra has decided to transition to working with a psychologist who specializes in sexual assault trauma and relationship distress. This will allow her to address deeper issues that have surfaced during therapy, particularly focusing on her experiences and challenges related to sexual assault trauma.</p> <p>Sandra and her husband, Bill, plan to pursue couples counseling to further explore relational dynamics and the impact of her journey through addiction on their marriage, specifically concerning her feelings about motherhood and its triggers for her drinking.</p> <p>As Sandra moves forward, it is recommended that she continues to focus on building social support, maintaining contact with her emotions, implementing relapse prevention strategies, and practicing emotional self-care. These areas will be crucial for her continued recovery and emotional well-being. Sandra has laid a strong foundation during her time in therapy, and her ongoing commitment to her mental health and sobriety positions her well for future success and stability.</p>

