

# Example

## **Previous History**

Depression since 12 years old, anxiety states - panic

Gave up his education 18 years old. Taken OD X 3, jumped off a bridge aged 17.

Intensive Care Unit for 2 months on life-support. Fractures in both legs, 3 rib fractures and facial injuries, required 7 plastic surgery ops. Now deep concerns with self-image of facial features, always wears a baseball hat (even in bed).

## **Other Therapies / Doctors / Psychiatric Services / Hospitalizations**

S/B GP and prescribed anti-depressant medication 14 yrs old

S/B counsellor for 10 sessions 14 years old

S/B Psychiatrist once every three weeks for 6 months 16 yrs old

S/B Psychologist weekly for 10 months 16 - 17 years old

## **Previous Medications**

Seroxat

Diazepam 2mg

Zopiclone

Propranolol

## **Medication end of therapy**

No longer takes Diazepam, Zopiclone or Propranolol.

Seroxat reducing steadily each week to zero.

## **Further Information**

Started back at college, doing well towards end of therapy, of 6 sessions.

5 years after therapy, promoted to managerial level in a bank, enjoying life.