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## Progress Note

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Client name: John Doe                      Date: 08-02-10  
Therapist: C. Lack                          CPT Code: 72806

Identifying Information: John is a 15 year old Caucasian male brought in by his parents for several OCD symptoms, primarily "wiping off" compulsions triggered by seeing certain types of people.

Relevant History: Session 2. John and his mother attended session. Began with homework review. John brought in a fear hierarchy, which was further fleshed out and clarified in session. We then performed two exposures in session related to seeing photos of handicapped or MR people. Initially high SUDs (65-70) came down to 10-20 within 8 minutes to first exposure, with quicker decreases on next two exposures.

Medications: None

Examination: John was noticeably anxious during exposure, but did well and did not do any compulsions. He was open when discussing symptoms and did not appear to be hiding any covert compulsions.

Assessment: John is struggling with moderate OCD symptoms, but is an excellent candidate for EX/RP.

Diagnosis: OCD (300.3)

Treatment Plan: Parents were to help John complete one hour's worth of exposures to photos of obese, acne, and handicapped stimuli. Next session will continue EX/RP for OCD protocol.

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