

Clinical recommendations

I am making a clinical recommendation for **6 additional sessions** for my client ABCD-XXX

Client PHQ9 and GAD scores from session one are PHQ9: 25 Severe & GAD: 20 Severe.

The client is presenting with low mood due to both personal and work related stress which they are really keen to work through in therapy. The client has completed their 3rd session today with a 2 further sessions approved at this stage. The sessions so far have provided a safe space for the client to talk. Further sessions would assist with:

- Explore further and assist client in prioritising/working through their stressors.
- Create space for client to talk further in relation to the above.
- Gain clarity of their thoughts.
- Build resilience and confidence through implementation and monitoring of new coping strategies.