

COMMUNICATING WITH THERAPIST/ SUMMARY SHEET

CHILD INFORMATION

NAME OF CHILD Neil the Astronaut

GENDER Male

DATE OF BIRTH February 15, 2013

PREVIOUS CLINICAL DIAGNOSES Separation Anxiety Disorder

SUMMARY OF PROGRESS AND CURRENT DIFFICULTIES

ANXIETY PROBLEMS:

1. Separation anxiety: He always wants to stay with me (his mom) and never leaves my sight.
2. Fear of the dark: He wouldn't go into a room ahead of anyone else if the light was off.
3. Fear of vegetables: He won't eat them and does not like the grocery store.
4. Difficulties with changes in routine: He wants to know all of the details leading up to new activities.

PREVIOUS THERAPIES:

My child and I previously participated in a 12-week treatment program that was designed to help kids reduce their anxiety. This service was provided through Baylor College of Medicine. The program provided internet-delivered parent-led cognitive-behavioral therapy with a focus on exposure therapy.

DURING THE PROGRAM, WE WORKED ON...

EXPOSURES (MISSION PLANS):

1. Fear of the dark. He is now able to sleep in his room at night.
2. Difficulties with changes in routine. He feels less anxious about changes now when I give him notices.
- 3.

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COPING SKILLS THAT WORKED WELL FOR MY CHILD:

1. Deep Breathing. He would use deep breathing skills whenever he was feeling shaky
2. 5-4-3-2-1. He would find things he noticed in all five senses.
- 3.

THINGS THAT WERE DIFFICULT FOR MY CHILD:

1. Working on mission plans on the days when he was particularly stressed (e.g., poor sleep, school test).
2. His anxiety level went up for a while when we had a power outage for two days.
- 3.

MY CHILD'S CURRENT ANXIETY:

1. Fear of vegetables
2. Changes in routine
- 3.

SITUATIONS THAT MAKE MY CHILD ANXIOUS:

1. Eating anything on his plate if there are vegetables on it.
2. Sitting at the same table as the rest of the family if we are eating vegetables.
3. Visiting his grandparents on weekends because his morning will look different from weekday mornings.

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SIGNS THAT MY CHILD IS ANXIOUS:

Anxiety Cue	Examples
Behaviors	Crying to try to get out of something that he does not want to do
Physical Reactions	He becomes quiet when anxious Fidgeting Heart racing
Thoughts	"I cannot handle it if my schedule changes." "If I eat vegetables, it will make me feel sick."