

Free Psychology Case Note

Psychology Case

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Date: **January 16, 2051**

Client Information:

The client presenting struggles with chronic anxiety difficulties which had been significantly impacting their quality of life and overall functioning. They have been receiving cognitive-behavioral therapy (CBT).

Presenting Issues:

The client reported constant worry, restlessness, and difficulty concentrating as the primary symptoms of their anxiety. They sought help to learn new strategies to cope with their anxiety symptoms.

Treatment and Progress:

Over several weeks of CBT, there has been significant improvement in client's symptoms. The client has shown a remarkable progress in adopting and demonstrating

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