

17/02/2010 09:30, L [redacted] C [redacted], Psychotherapist

Created on: 19/02/2010 09:40

**(Outpatient-Group)**

Activity: OP [redacted] Group Location: [redacted] House

[redacted] back to day joined in well, had used distraction skills over past two weeks and gave a very good example of 'wise mind'

10/02/2010 09:30, L [redacted] C [redacted], Psychotherapist. Version 2 ANNEMA 11/02/2010

Created on: 10/02/2010 14:02

**(Outpatient-Cancelled)**

Activity: OP [redacted] Group Location: [redacted] House

Cancelled group, he rang in to let us know he had a appointment made prior to starting group that he had to attend.

03/02/2010 09:30, M [redacted], Aut Student

Created on: 04/02/2010 11:59

**(Outpatient-Group)**

Activity: OP [redacted] Group Location: [redacted] House

Reported feeling very tired today as he had a lot going on in his mind through the night. Participated actively  
Homework:

Distracting: Opposite Emotion- using music

Self soothe: vision

28/01/2010 14:27, L [redacted] C [redacted], Psychotherapist

Created on: 28/01/2010 14:29

**(Outpatient-Client Liaison)**

Activity: OP [redacted] Group Location: Telephone

Rang M [redacted] at [redacted] to discuss situation with [redacted] and left a message on his answerphone. I will try again next tuesday.

28/01/2010 14:20, L [redacted] C [redacted], Psychotherapist

Created on: 28/01/2010 14:27

**(Outpatient-Group)**

Activity: OP [redacted] Group Location: Telephone

Having looked at the regional record I rang [redacted] to discuss the situation re the [redacted] Group and it being a "shared care" model requiring him to have a [redacted] counsellor whilst attending group. He stated that he was not willing to pursue his counselling with M [redacted] and has been told by D [redacted] F [redacted] that [redacted] will find him another counsellor. I encouraged him to try to work through with M [redacted] but he remained unwilling to do this. I have asked him to let me know when he has an alternative counsellor at [redacted]

11/01/2010 11:18, T [redacted] P [redacted], Psychotherapist



Activity: OP Group Location: Telephone  
Telephone contact from M S regarding had attended a session with M on 23/12/09 during which had become angry when M had not provided him with a letter saying that supported him in his attempt to gain legal aid. had left session angrily saying that he hated (see notes 23/12/09). M reports that has become angry with other counsellors in the past in this way and has subsequently changed counsellors. M will try to contact and re-engage with him.

17/12/2009 13:40, T Psychotherapist

Created on: 17/12/2009 14:06

(Outpatient-Individual -Follow-Up)

Activity: OP Group Location: Telephone

Telephone conversation with requested a letter saying that he had attended the Group at House.

How might progress towards group therapy was discussed. It was proposed to that he could work with M S and to gain sobriety and then ask for referral back to House or as an alternative he could do this plus attend next terms Group at House in order to further assist him deal with stressors he may be experiencing and not to resort to drinking.

It was made clear to that this would be with the understanding that he would commit to trying his upmost to engage with and practise the skills being taught. said he felt he could commit to this and accept the offer of a place in the group. The group will be starting on Wednesday February 3<sup>rd</sup>.

A message was left for M S explaining the above.

14/12/2009 13:30, T P Psychotherapist

Created on: 15/12/2009 15:36

(Outpatient-Individual -Follow-Up)

Activity: OP Group Location: House

did not attend the Group today. He had contacted House and left two phone messages in my absence on Friday 11<sup>th</sup> the first at 7:52- "I am very disappointed -I HATE I HATE what they do to me-I may not be back-I want an end to everything of this shit." The second message left at 13:19 was more measured saying that he was not well, that he had another relapse with his drinking, that he felt very let down, that things are very messy - too many issues to deal with, that he felt sick and tired and he couldn't see much future in life - especially in NZ, and that he didn't feel he capable of continuing treatment at House at this time.

A message was left for M S at re concerns about and request to discuss.

Phone contact was made with He confirmed that he had drunk for a number of days but had now stopped drinking. He said that he had been denied legal aide, had some difficulties with is layer and had some problems with his flat made looking at moving out. He felt very overwhelmed by all these issues and had resorted to drinking. He was encouraged to make contact with M at and seek help to maintain sobriety/deal with his current problems. said that he was in the processes of doing this and hoped to be in contact with later today.

re-stated that he didn't feel capable at present of continuing with /starting any further therapy at House and said that he needed "to get sober "/have longer in sobriety before engaging in therapy at House. This was agreed with was encouraged to put his efforts in to establishing sobriety and then to reconsider further therapy at that point.

07/12/2009 14:37, P Psychotherapist

Created on: 07/12/2009 14:38

(Outpatient-Client Liaison)