

Progress Note

Sandeep Sarkar

11/9/2020

S/O: He is staying with his brother in India. He has seen the psychiatrist there twice, and has another appointment coming up soon. The psychiatrist has added a new medication to his regimen. He continues to struggle with Harm OCD, and we discussed again exposure therapy. Encouraged him to write down every day the numbers and letters that trigger his Harm OCD thoughts, and stay with the resultant anxiety long enough for it to diminish. Also encouraged him to not avoid these numbers and letters in the real world.

A: Harm OCD, severe

MDD recurrent, moderate

P: He will meet soon with a therapist in India to see if he can get treatment there. He will continue working with the psychiatrist as well. Our next session is scheduled for 11/30/2020

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