

Session Report

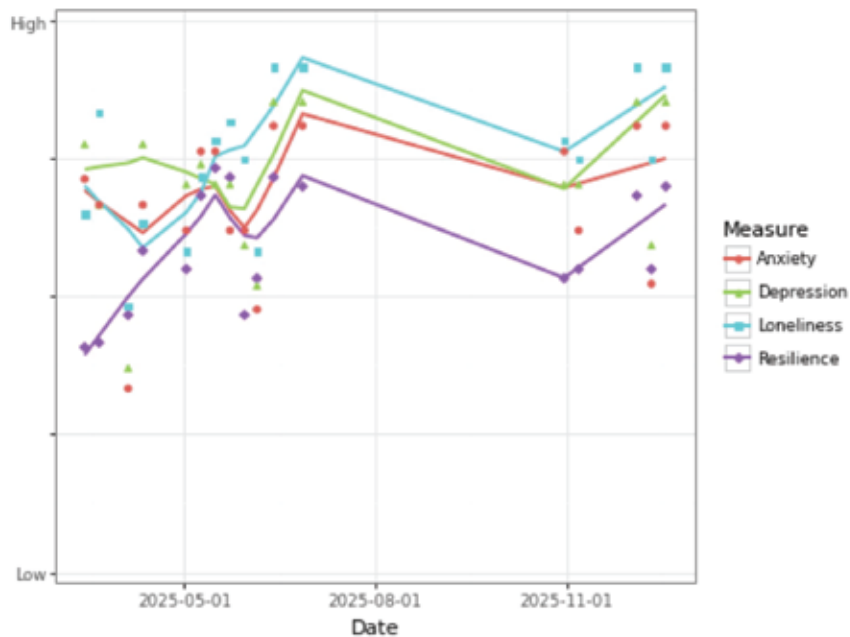
WEEKLY ASSESSMENT REPORT

Report Date: 2025-12-20

Patient ID: DEMO

Patient Name: DEMO

Symptom Tracking



Session Summary

The psychotherapist facilitated a space for the client to articulate complex emotions surrounding family relationships. By prompting the client to explore experiences with his mother, Cindy, and Leah, the psychotherapist helped the client recognize unresolved feelings and pain. Through reflective listening, the psychotherapist paraphrased the client's descriptions of disconnection and mistrust, particularly highlighting the enduring impact of early lessons on trust learned from his mother, and how these continue to affect his relationships. By asking about the persistent wounds that impede trust, the psychotherapist encouraged the client to reflect on patterns of behavior and their emotional impact. The psychotherapist also addressed the client's distress and disconnection by exploring the sources of the client's panic attacks and the perceived psychological threats posed by the client's mother. Towards the end, the psychotherapist suggested focusing on self-directed healing, highlighting the importance of the client determining

how to manage and heal from his own pain independently. The psychotherapist concluded with an optimistic note, emphasizing the client's potential growth and healing journey in the upcoming year.

Follow-up Questions

Please consider the following reflection questions over the next week. They are intended to deepen your self-exploration and enhance our next dialogue:

1. Reflect on your experiences with trust and relationships. How have your early experiences with your mom shaped your trust in others, and what patterns have you noticed in your relationships as a result?
2. Consider the impact of enduring pain and being in situations where you feel you have to "endure" rather than "heal." What are some ways you might start focusing on healing your pain, rather than just enduring it?
3. Think about what a "silver lining" might look like in your situation with your mom, even if it seems impossible. What small steps can you take towards that goal, or is it perhaps more about achieving peace within yourself?
4. Explore the idea of how you want to heal from your pain, separate from how others expect you to. What might a healing process look like if it was guided solely by your own needs and desires?
5. Reflect on the concept of parental roles and expectations. What do you feel you need from your mother now, and is there a way to communicate these needs, either to her or as part of your personal journey, that might help alleviate some of the burden you're carrying?

I am looking forward to working with you at our next scheduled session.

Carter Comrie, PHD, LP
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