

Brent Cichoski, LPC
Licensed Professional Counselor
3000 NW Stucki Pl. #230-N
Hillsboro, OR 97140
503 747 8171 Phone
503 690 0678 Fax

August 24, 2015

To: Oregon State Activities Association (OSAA)
Re: Wesley Loveland. DOB: 09/02/2000
Address: 14995 S Green Tree Dr, Oregon City, OR.
Range of treatment dates: 05/28/2015 through 8/24/2015

Summary of Care

Client's Presenting Situation

Wesley Loveland-- client (Ct), a single teenage male who resided with his parents at the time of treatment, came to therapy on 5/28/2015 requesting strategies to deal with emotional struggles pertaining to relationships within his family system that occurred in spring of this year. Wesley's inability to emotional regulate within his family created shame based beliefs that contributed to thoughts of worthlessness, difficulty concentrating, liking himself, and feeling fearful. Wesley also struggled with insomnia. Suicidal thoughts were not present. The client did not report a history of psychotic illness.

Prescription Medication: None

Treatment Dates and Modalities: Modality of treatment was psycho-educational with problem solving strategies to find healthier way to express emotional needs, regulate sleeping and improve self - confidence.

Prognosis/Impressions:

At the conclusion of our sessions, Ct. reported improved abilities to regulate emotions and connect with his family members. Ct.'s thought patterns were logical and his contact with reality was normal. Affect was level and concentration was intact. Language was within normal limits and there was no psychomotor agitation.

Based on my observations at the termination of therapy, my impressions were that Wesley demonstrated improved emotional regulation capacity, enhanced sleeping patterns, increased self- confidence and stronger family connectivity. Additionally, Wesley stated that he was able to communicate his needs better and has establish goals to take classes to improve his grades. My impression are that Wesley has improved coping skills and is not impaired with his ability to function on a daily basis.

If you have a questions or comments, please feel free to contact me.

Brent Cichoski, LPC