

12:14



← Appointment summary

9:00 AM

Monday, October 25, 2021



Length

30 minutes



Clinician

Behavioral Health Intake, Alexandra Portnoy
(F)

[View bio](#)



Format

Video

Reason

anxiety attacks

Summary



Clinician notes



12:14



← Visit Summary

For

Christopher Nowlin

Time

9:00 AM, Oct. 25, 2021

Reason

BH Intake

With

Alexandra Portnoy LMFT

Assessment / Plan

Goals for Treatment:

"I am having panic attacks, and am trying to figure out why, and what to do".

Recommendations: Babylon Support should contact you to schedule ongoing therapy sessions with a provider during this next week. However, if they don't, please call Babylon Support at: 1-800-475-6168 to schedule sessions.

Identify and explore underlying thoughts/feelings leading to panic attacks, and anxiety symptoms. Explore coping skills you can use when you anxiety/panic attacks increases (holding, taking deep breaths, grounding skills) to help manage panic.

Box breathing is a simple technique that a person can do anywhere, including at a work desk or in a cafe. Before starting, people should sit with their back supported in a comfortable chair and their feet on the floor.

Close your eyes. Breathe in through your nose while counting to four slowly. Feel the air enter your lungs. Hold your breath inside while counting slowly to four. Try not to clamp your mouth or nose shut. Simply

12:14



← Visit Summary

Box breathing is a simple technique that a person can do anywhere, including at a work desk or in a cafe. Before starting, people should sit with their back supported in a comfortable chair and their feet on the floor.

Close your eyes. Breathe in through your nose while counting to four slowly. Feel the air enter your lungs. Hold your breath inside while counting slowly to four. Try not to clamp your mouth or nose shut. Simply avoid inhaling or exhaling for 4 seconds. Begin to slowly exhale for 4 seconds. Repeat steps 1 to 3 at least three times. Ideally, repeat the three steps for 4 minutes, or until calm returns. If someone finds the technique challenging to begin with, they can try counting to three instead of four. Once someone is used to the technique, they may choose to count to five or six.

Incorporate: Cognitive Behavioral Therapy, Solution Focus therapy, Mindfulness/Relaxation skills to help manage symptoms.

Patient was actively involved in the development of treatment plan: Y

A copy of the Individual Service Plan will be provided for the patient in the Babylon Patient Portal at the end of the visit.

anxiety disorder

F41.9: Anxiety disorder, unspecified

PSYCHIATRIST REFERRAL

BEHAVIORAL PSYCHOTHERAPY REFERRAL
