

Psychology note

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Community Psychology Service

Psychology Note - Therapy Progress Review

Patient: Noah Williams (29 years, male)

Date of contact: 3 September 2026

Clinician role: Psychologist

Encounter type: Therapy follow-up

Location: Community Psychology Service

Reason for contact

Review of coping strategies as part of ongoing psychological therapy under a mental-health treatment plan.

Background

Mr Williams has an established history of generalised anxiety disorder and recurrent depressive disorder. He lives with his partner and remains employed, with reduced work attendance at baseline. Psychological therapy commenced on 17 August 2026, with therapy goals agreed and sleep routine discussed at that initial session. Sertraline 25 mg once daily remains active; a planned increase to 50 mg was deferred by his GP on 13 August 2026 because of early nausea and restlessness, and the dose was continued at 25 mg on 20 August 2026 as tolerability improved.

Presentation at this session

Mr Williams reported that work attendance is improving. He also reported persistent early waking. Coping strategies were reviewed in session.

Medication

No medication changes were made at this contact. Sertraline 25 mg once daily continues. Any dose increase remains subject to GP review.

Clinical conclusion

Continue the current therapy plan.

Follow-up

- Psychological therapy under the mental-health plan remains ongoing, with the plan current to 31 October 2026.
- GP review before any sertraline dose increase remains outstanding, due 14 September 2026.

No other actions or referrals were undertaken at this contact.