

Free Counselling Case Note

Counselling Case Note

Case Number: 2150A-OB-ES

Client ID: 1234567

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Case Summary

In this counselling session, the client's personal challenges have been effectively addressed and explored. We've engaged in discussions revolving around their coping strategies, and collaboratively worked on a plan for enhanced support and continuous improvement.

Presenting Challenges

The client reported struggles with stress management due to persistent work-related pressures. They also expressed feelings of social isolation, difficulties maintaining relationships, and recurrent mood swings. These factors contribute to an overall experience of emotional and psychological distress.

Coping Strategies Discussion

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