



## Intake Note

Larch Counseling PLLC  
Clinician: Mario Gaspar de Alba, LMFTA  
Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 10/14/2024 1:00 PM - 2:00 PM  
Duration: 60 minutes  
Service Code: 90791  
Location: Duvall Office  
Participants: Client, Mom, Sister

### Presenting Problem

Anger, anxiety, disruption of thought process, family conflicts, irritability, physical aggression, trauma; school issues and emotional outbursts.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
Dress:	Appropriate
Motor Activity:	Unremarkable
Interview Behavior:	Appropriate
Speech:	Normal
Mood:	Euthymic
Affect:	Congruent
Insight:	Excellent
Judgment/Impulse Control:	Excellent
Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Objective Content

We covered disclosure/consent and confidentiality. Then we went over the assessment questions.

### Biopsychosocial Assessment

Identification:	Likes pizza and playing games, is 8yrs old at the time of intake
History of Present Problem:	Last few years (made worse through dealing with parental divorce)
Psychiatric History:	None
Trauma History:	Problematic divorce of parents
Family Psychiatric History:	Mom - PMDD
Medical Conditions & History:	Marcus-Gunn Syndrome
Current Medications:	None
Substance Use:	None
Family History:	See Genogram
Social History:	Has friends at school (one of which is mean to him)
Spiritual/Cultural Factors:	Not assessed



## Intake Note

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Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 10/14/2024 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90791

Location: Duvall Office

Participants: Client, Mom, Sister

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Developmental History:	Not assessed
Educational/Vocational History:	Elementary school/3rd Grade
Legal History:	Family court disputes
SNAP:	Not assessed
Other Important Information:	N/A

### Plan

Create goals of therapy and write a treatment plan.

### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

Mario Gaspar de Alba, LMFTA, Licensed Marriage and Family Therapist Associate, License WA MG 61456754, signed this note and declared this information to be accurate and complete on 10/16/2024 at 2:56 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 10/21/2024 7:21 PM

Note Completed By: Mario Gaspar de Alba, LMFTA

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

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### Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

### Method of Communication

Phone

### Reason for Communication

Check in

### Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

### Communication Details

Father of Client called today to let me know that he was not made known by his ex-wife of the fact that his child would be in therapy, and that was concerning to him since he has sole decision-making when it comes to any and all medical concerns (which he said therapy falls under this definition). He also noted that he wants to be a part of what's going on and so I told him that he was welcome to send me an email with any information he would like to share or he can talk to me about a time we can schedule a parent session that he would be in charge of paying for so that he could offer any information from his perspective. I also clarified that I would be informing everybody involved of everything that goes on and everything that is requested so as to stay within the parenting plan. The father also said that the reason for his call was to also send me the parenting plan so that I understood that he was to be involved in all medical concerns, including therapy.

Mario Gaspar de Alba, LMFTA, Licensed Marriage and Family Therapist Associate, License WA MG 61456754, signed this note and declared this information to be accurate and complete on 10/21/2024 at 7:25 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 10/25/2024 5:54 PM

Note Completed By: Mario Gaspar de Alba, LMFTA

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

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### Contacted Party

Name: Bowker

Relationship to Patient: PCP

### Method of Communication

Email

### Reason for Communication

Treatment coordination

### Billing Information

Time spent: 3 minutes

The patient will not be billed for this communication.

### Communication Details

I sent an email with the release of information form.

Mario Gaspar de Alba, LMFTA, Licensed Marriage and Family Therapist Associate, License WA MG 61456754, signed this note and declared this information to be accurate and complete on 10/25/2024 at 5:54 PM.



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFTA

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 10/28/2024 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
Dress:	Appropriate
Motor Activity:	Unremarkable
Interview Behavior:	Appropriate
Speech:	Normal
Mood:	Euthymic
Affect:	Congruent
Insight:	Excellent
Judgment/Impulse Control:	Excellent
Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Medications

None

### Symptom Description and Subjective Report

Client reported doing well and having a good day today.

### Objective Content

We got to know each other better and discussed goals of therapy as we engaged in play therapy.

### Interventions Used

Exploration of Emotions, Narrative, Play Therapy, and Supportive Reflection



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFTA

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 10/28/2024 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

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### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Maintained

2. Explore perceived stress and develop healthy coping strategies

Progress: No Progress

#### Plan

Continue goals of therapy and keep getting to know one another/joining.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFTA, Licensed Marriage and Family Therapist Associate, License WA MG 61456754, signed this note and declared this information to be accurate and complete on 10/28/2024 at 7:20 PM.



# Treatment Plan

Larch Counseling PLLC

Date and Time: 10/28/2024 1:00 PM

Clinician: Mario Gaspar de Alba, LMFTA

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

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## Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

## Presenting Problem

Anger, anxiety, disruption of thought process, family conflicts, irritability, physical aggression, trauma; school issues and emotional outbursts.

## Treatment Goal

1. Be better at listening to instructions from teachers at school and parents at home
2. Learn better ways to manage stress

### Objective 1

Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Estimated Completion: 6 months (4/28/2025)

### Objective 2

Explore perceived stress and develop healthy coping strategies

Estimated Completion: 6 months (4/28/2025)

## Discharge Criteria/Planning

N/A

## Additional Information

Parents of child do not get along and have a difficult history of co-parenting.

## Prescribed Frequency of Treatment

Every 2 Weeks

I declare that these services are medically necessary and appropriate to the recipient's diagnosis and needs.

Mario Gaspar de Alba, LMFTA, Licensed Marriage and Family Therapist Associate, License WA MG 61456754, signed this note and declared this information to be accurate and complete on 10/28/2024 at 7:17 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 10/28/2024 7:20 PM

Note Completed By: Mario Gaspar de Alba, LMFTA

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

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### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

Mother of client sent the following email to me and the clients father:

"Hi Mario,

"Thank you so much for your time with Aidan today. He seemed like a new person leaving your office, as if a huge weight had been lifted from his shoulders. I asked if he wanted to share any part of the session with me, and while he preferred not to, which I fully respected, he did mention how much he enjoyed playing "avocado."

"Is there anything that came up in your time together that might help us support Aidan in both of our homes?

"Thanks again for all you're doing for him.

"Warm regards,

"Veronika"

And I responded with the following to both mom and dad:

"Hey all,

"Today we got to know each other better and discussed goals of therapy. Aiden came up with the goal of "listening to directions better at school and home" for what he wants to work on in therapy. Are there any other goals that either of you would like for me to add to the treatment plan? Feel free to email me back privately if you'd like, or you can respond here.

"Thanks!"

Mario Gaspar de Alba, LMFTA, Licensed Marriage and Family Therapist Associate, License WA MG 61456754, signed this note and declared this information to be accurate and complete on 10/28/2024 at 7:22 PM.





## Contact Note

Larch Counseling PLLC

Date and Time: 10/28/2024 7:22 PM

Note Completed By: Mario Gaspar de Alba, LMFTA

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

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### Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

Mother of client sent the following email to me and the clients father:

"Hi Mario,

"Thank you so much for your time with Aidan today. He seemed like a new person leaving your office, as if a huge weight had been lifted from his shoulders. I asked if he wanted to share any part of the session with me, and while he preferred not to, which I fully respected, he did mention how much he enjoyed playing "avocado."

"Is there anything that came up in your time together that might help us support Aidan in both of our homes?

"Thanks again for all you're doing for him.

"Warm regards,

"Veronika"

And I responded with the following to both mom and dad:

"Hey all,

"Today we got to know each other better and discussed goals of therapy. Aiden came up with the goal of "listening to directions better at school and home" for what he wants to work on in therapy. Are there any other goals that either of you would like for me to add to the treatment plan? Feel free to email me back privately if you'd like, or you can respond here.

"Thanks!"

Mario Gaspar de Alba, LMFTA, Licensed Marriage and Family Therapist Associate, License WA MG 61456754, signed this note and declared this information to be accurate and complete on 10/28/2024 at 7:22 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 11/1/2024 4:51 PM

Note Completed By: Mario Gaspar de Alba, LMFTA

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

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### Contacted Party

Name: Carnation Elementary

Relationship to Patient: Guidance Counselor

### Method of Communication

Fax

### Reason for Communication

Treatment coordination

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

I sent the release of information form to the school counselor at Carnation Elementary.

Mario Gaspar de Alba, LMFTA, Licensed Marriage and Family Therapist Associate, License WA MG 61456754, signed this note and declared this information to be accurate and complete on 11/1/2024 at 4:51 PM.



## Progress Note

Larch Counseling PLLC  
Clinician: Mario Gaspar de Alba, LMFTA  
Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 11/11/2024 1:00 PM - 2:00 PM  
Duration: 60 minutes  
Service Code: 90837  
Location: Duvall Office  
Participants: Client only

### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
Dress:	Appropriate
Motor Activity:	Unremarkable
Interview Behavior:	Appropriate
Speech:	Normal
Mood:	Euthymic
Affect:	Congruent
Insight:	Excellent
Judgment/Impulse Control:	Excellent
Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Medications

None

### Symptom Description and Subjective Report

Client reported having a fun holiday (Halloween) and enjoying his time with his dad last week visiting Vashon island.

### Objective Content

We checked in on tyhe last two weeks, then we discussed school and emotions while engaging in art therapy.

### Interventions Used

Exploration of Emotions, Narrative, Play Therapy, and Supportive Reflection



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFTA

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 11/11/2024 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

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### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Progressing

2. Explore perceived stress and develop healthy coping strategies

Progress: Progressing

#### Plan

Continue goals of therapy and keep getting to know one another/joining.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFTA, Licensed Marriage and Family Therapist Associate, License WA MG 61456754, signed this note and declared this information to be accurate and complete on 11/11/2024 at 2:04 PM.



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFTA

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 11/13/2024 12:00 PM - 1:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Dad; client not present

### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Medications

N/A

### Symptom Description and Subjective Report

(Dad of client)

### Objective Content

I explored the perspective of the dad of the client into his side of parenting and his concerns with the client.

### Interventions Used

Cognitive Reframing, Exploration of Relationship Patterns, Narrative, Parenting Skills, Psycho-Education, Review of Treatment Plan/Progress, and Supportive Reflection

### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Maintained

2. Explore perceived stress and develop healthy coping strategies

Progress: Maintained

### Plan

Continue goals of therapy and keep getting to know one another/joining.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFTA, Licensed Marriage and Family Therapist Associate, License WA MG 61456754, signed this note and declared this information to be accurate and complete on 11/13/2024 at 3:40 PM.



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFTA

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 11/25/2024 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
Dress:	Appropriate
Motor Activity:	Unremarkable
Interview Behavior:	Appropriate
Speech:	Normal
Mood:	Euthymic
Affect:	Congruent
Insight:	Excellent
Judgment/Impulse Control:	Excellent
Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Medications

N/A

### Symptom Description and Subjective Report

Client reported his friend saying "bad things" to him the other day and it made him feel angry.

### Objective Content

Communication skills with friends, play therapy and emotional intelligence.

### Interventions Used

Communication Skills, Exploration of Emotions, Narrative, Play Therapy, and Supportive Reflection



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFTA

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 11/25/2024 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

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### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Progressing

2. Explore perceived stress and develop healthy coping strategies

Progress: Progressing

#### Plan

Continue goals of therapy and keep getting to know one another/joining.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFTA, Licensed Marriage and Family Therapist Associate, License WA MG 61456754, signed this note and declared this information to be accurate and complete on 11/25/2024 at 2:35 PM.



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFTA

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 12/9/2024 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
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Interview Behavior:	Appropriate
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Affect:	Congruent
Insight:	Excellent
Judgment/Impulse Control:	Excellent
Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Medications

N/A

### Symptom Description and Subjective Report

Client reported being excited for Christmas but having a difficult time with a friend at school.

### Objective Content

Family relationships, problem solving with others, communication with friends/body autonomy, and play therapy.

### Interventions Used

Communication Skills, Exploration of Emotions, Narrative, Play Therapy, and Supportive Reflection





## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFTA

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 12/9/2024 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

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### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Progressing

2. Explore perceived stress and develop healthy coping strategies

Progress: Progressing

#### Plan

Continue goals of therapy and keep getting to know one another/joining.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFTA, Licensed Marriage and Family Therapist Associate, License WA MG 61456754, signed this note and declared this information to be accurate and complete on 12/9/2024 at 1:54 PM.



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 1/6/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
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Insight:	Excellent
Judgment/Impulse Control:	Excellent
Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Medications

N/A

### Symptom Description and Subjective Report

Client reported having a good winter break and that he is moving in a few weeks. He noted that he was sad about the move and that he has felt okay about the situation in general.

### Objective Content

Worries and fears, family problems, and play therapy.

### Interventions Used



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 1/6/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

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Exploration of Emotions, Narrative, Play Therapy, and Supportive Reflection

### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Progressing

2. Explore perceived stress and develop healthy coping strategies

Progress: Progressing

#### Plan

Continue goals of therapy and keep getting to know one another/joining.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 1/6/2025 at 2:09 PM.



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 1/20/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, Mom

### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
Dress:	Appropriate
Motor Activity:	Unremarkable
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Insight:	Excellent
Judgment/Impulse Control:	Excellent
Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Medications

N/A

### Symptom Description and Subjective Report

(Mom of client joined); Client reported having a good week.

### Objective Content

Cognitive exploration, play therapy, and discussion with mom.

### Interventions Used



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 1/20/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, Mom

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Cognitive Refocusing, Exploration of Emotions, Exploration of Relationship Patterns, Narrative, Play Therapy, and Supportive Reflection

### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Progressing

2. Explore perceived stress and develop healthy coping strategies

Progress: Progressing

#### Plan

Continue goals of therapy and check in on struggles with moving.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 1/20/2025 at 4:30 PM.



## Progress Note

Larch Counseling pllc

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 2/5/2025 12:00 PM - 1:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Telehealth

Participants: Client only

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### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
Dress:	Appropriate
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Insight:	Excellent
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Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Medications

N/A

### Symptom Description and Subjective Report

Client reported "lots of fighting" at home and he has been having a difficult time with that.

### Objective Content

Exploration of family dynamics and struggles, personal narratives, and play therapy.

### Interventions Used



## Progress Note

Larch Counseling pllc

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 2/5/2025 12:00 PM - 1:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Telehealth

Participants: Client only

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Cognitive Refocusing, Exploration of Emotions, Exploration of Relationship Patterns, Narrative, Play Therapy, and Supportive Reflection

### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Progressing

2. Explore perceived stress and develop healthy coping strategies

Progress: Progressing

#### Plan

Continue goals of therapy and check in on struggles with moving.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 2/5/2025 at 5:35 PM.



# Treatment Plan

Larch Counseling PLLC

Date and Time: 2/11/2025 5:41 PM

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

## Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

## Presenting Problem

Anger, anxiety, disruption of thought process, family conflicts, irritability, physical aggression, trauma; school issues and emotional outbursts.

## Treatment Goal

1. Be better at listening to instructions from teachers at school and parents at home
2. Learn better ways to manage stress

### Objective 1

Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Estimated Completion: 6 months (8/11/2025)

### Objective 2

Explore perceived stress and develop healthy coping strategies

Estimated Completion: 6 months (8/11/2025)

## Discharge Criteria/Planning

N/A

## Additional Information

Parents of child do not get along and have a difficult history of co-parenting.

## Prescribed Frequency of Treatment

Every 2 Weeks

I declare that these services are medically necessary and appropriate to the recipient's diagnosis and needs.

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 2/11/2025 at 5:41 PM.





## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 2/17/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

---

### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
Dress:	Appropriate
Motor Activity:	Unremarkable
Interview Behavior:	Appropriate
Speech:	Normal
Mood:	Euthymic
Affect:	Congruent
Insight:	Excellent
Judgment/Impulse Control:	Excellent
Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Medications

N/A

### Symptom Description and Subjective Report

Client reported getting a new game on his phone and being really excited about that.

### Objective Content

Exploration into home nutrition and family life, and some play therapy.

### Interventions Used



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 2/17/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

Cognitive Refocusing, Exploration of Emotions, Exploration of Relationship Patterns, Narrative, Play Therapy, and Supportive Reflection

### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Progressing

2. Explore perceived stress and develop healthy coping strategies

Progress: Progressing

#### Plan

Check in with parents on food concerns.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 2/17/2025 at 3:40 PM.



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 2/26/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Dad and Step-Mom; client not present

### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Medications

N/A

### Symptom Description and Subjective Report

(Dad and Step-Mom)

### Objective Content

Parenting concerns and communication skills.

### Interventions Used

Cognitive Reframing, Exploration of Relationship Patterns, Narrative, Parenting Skills, Psycho-Education, Review of Treatment Plan/Progress, and Supportive Reflection

### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Maintained

2. Explore perceived stress and develop healthy coping strategies

Progress: Maintained

### Plan

Check in with parents on food concerns.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 2/26/2025 at 4:35 PM.



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 3/3/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
Dress:	Appropriate
Motor Activity:	Unremarkable
Interview Behavior:	Appropriate
Speech:	Normal
Mood:	Euthymic
Affect:	Congruent
Insight:	Excellent
Judgment/Impulse Control:	Excellent
Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Medications

N/A

### Symptom Description and Subjective Report

Client reported struggling with sleep last night because of his sister.

### Objective Content

Cognitive exploration and exploration of home narratives, and play therapy.

### Interventions Used



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 3/3/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

---

Cognitive Refocusing, Exploration of Emotions, Exploration of Relationship Patterns, Narrative, Play Therapy, and Supportive Reflection

### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Progressing

2. Explore perceived stress and develop healthy coping strategies

Progress: Progressing

#### Plan

Check in with parents on food concerns.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 3/3/2025 at 2:07 PM.



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 3/17/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, Mom

---

### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
Dress:	Appropriate
Motor Activity:	Unremarkable
Interview Behavior:	Appropriate
Speech:	Normal
Mood:	Euthymic
Affect:	Congruent
Insight:	Excellent
Judgment/Impulse Control:	Excellent
Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Medications

N/A

### Symptom Description and Subjective Report

Client is very excited to go to a water park in a couple days.

### Objective Content

Home and family issues, exploration of opinions and concerns over feeling concerned about conflicting ideas at home, and play therapy.

### Interventions Used



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 3/17/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, Mom

Cognitive Refocusing, Exploration of Emotions, Exploration of Relationship Patterns, Narrative, Play Therapy, and Supportive Reflection

### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Progressing

2. Explore perceived stress and develop healthy coping strategies

Progress: Progressing

#### Plan

Check in with parents on food concerns. Have more time with mom to discuss client feeling "confused" about conflicting opinions.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 3/17/2025 at 6:25 PM.



## Progress Note

Larch Counseling PLC  
Clinician: Mario Gaspar de Alba, LMFT  
Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 3/25/2025 11:00 AM - 12:00 PM  
Duration: 60 minutes  
Service Code: 90837  
Location: NB Office  
Participants: Client, Dad

---

### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
Dress:	Appropriate
Motor Activity:	Unremarkable
Interview Behavior:	Appropriate
Speech:	Normal
Mood:	Euthymic
Affect:	Congruent
Insight:	Excellent
Judgment/Impulse Control:	Excellent
Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Medications

N/A

### Symptom Description and Subjective Report

Client reported struggling with some things at home and wanting to talk about it.

### Objective Content

Emotions exploration, family issues, and play therapy.

### Interventions Used





## Progress Note

Larch Counseling PLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 3/25/2025 11:00 AM - 12:00 PM

Duration: 60 minutes

Service Code: 90837

Location: NB Office

Participants: Client, Dad

Cognitive Refocusing, Exploration of Emotions, Exploration of Relationship Patterns, Narrative, Play Therapy, and Supportive Reflection

### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Progressing

2. Explore perceived stress and develop healthy coping strategies

Progress: Progressing

#### Plan

Check in with parents on food concerns. Have more time with mom to discuss client feeling "confused" about conflicting opinions.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 3/25/2025 at 5:39 PM.



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 3/31/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

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### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
Dress:	Appropriate
Motor Activity:	Unremarkable
Interview Behavior:	Appropriate
Speech:	Normal
Mood:	Euthymic
Affect:	Congruent
Insight:	Excellent
Judgment/Impulse Control:	Excellent
Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Medications

N/A

### Symptom Description and Subjective Report

Client was excited to show me his 3D printed toys he got the other day and reported still struggling with mom getting mad at home.

### Objective Content

Cognitive exploration, play therapy, and family issues.

### Interventions Used



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 3/31/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

Cognitive Refocusing, Cognitive Reframing, Exploration of Emotions, Exploration of Relationship Patterns, Narrative, Play Therapy, and Supportive Reflection

### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Progressing

2. Explore perceived stress and develop healthy coping strategies

Progress: Progressing

#### Plan

Check in with parents on food concerns. Have more time with mom to discuss client feeling "confused" about conflicting opinions.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 3/31/2025 at 2:11 PM.



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 4/14/2025 3:00 PM - 4:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, Dad

### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
Dress:	Appropriate
Motor Activity:	Unremarkable
Interview Behavior:	Appropriate
Speech:	Normal
Mood:	Euthymic
Affect:	Congruent
Insight:	Excellent
Judgment/Impulse Control:	Excellent
Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Medications

N/A

### Symptom Description and Subjective Report

Client reported feeling sad about the recent protection order and needing to be away from his mom for a few weeks.

### Objective Content

Cognitive exploration, family issues, and play therapy.

### Interventions Used



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 4/14/2025 3:00 PM - 4:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, Dad

Cognitive Refocusing, Cognitive Reframing, Exploration of Emotions, Exploration of Relationship Patterns, Narrative, Play Therapy, and Supportive Reflection

### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Progressing

2. Explore perceived stress and develop healthy coping strategies

Progress: Progressing

### Additional Notes / Assessment

Client reported some inappropriate and abusive behaviors from mom in the past (likely because he is at dad's and won't see her for a few weeks, and I believe he feels safe to open up more without fear of repercussions).

### Plan

Make CPS report.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/14/2025 at 4:09 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/14/2025 3:20 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

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### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

### Communication Details

Mother emailed multiple times to express her frustration with the temporary protection order and CPS reports.

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/14/2025 at 3:22 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/14/2025 5:02 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Jenn Willen

Relationship to Patient: CPS

### Method of Communication

Phone

### Reason for Communication

Safety issues

### Billing Information

Time spent: 15 minutes

The patient will not be billed for this communication.

### Communication Details

Made a report to CPS regarding mom's inappropriate behaviors mentioned by client today in session.

Intake number - 5670778

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/14/2025 at 5:04 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 8:39 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(10/24/2024)

Mom emailed me with a screenshot of a message from a teacher informing that he said an inappropriate word (anus) in class that day. Mom sent the following message along with it:

"Hi Mario!

"I hope you've been well. I am now seeing a pattern where Aidan acts out during his father's weeks. When I bring it up to Aidan he panics thinking I'm going to yell at him. His father yells at him. I didn't yell but expressed to him calmly that he needs to be respectful so his teacher can teach. Then I told him I was proud that he knew the appropriate term for butthole 🤔 and we said it over and over until his anxiety went away."

I responded with the following:

"Thanks for sending! I appreciate the information."

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 8:44 PM.





## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 8:44 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(10/28/2024)

Mom emailed the following to me and CC'd Aidan's father, Matt:

"Hi Mario,

"Thank you so much for your time with Aidan today. He seemed like a new person leaving your office, as if a huge weight had been lifted from his shoulders. I asked if he wanted to share any part of the session with me, and while he preferred not to, which I fully respected, he did mention how much he enjoyed playing "avocado."

"Is there anything that came up in your time together that might help us support Aidan in both of our homes?"

"Thanks again for all you're doing for him.

"Warm regards,

"Veronika"

My response:

"Hey all,

"Today we got to know each other better and discussed goals of therapy. Aiden came up with the goal of "listening to directions better at school and home" for what he wants to work on in therapy. Are there any other goals that either of you would like for me to add to the treatment plan? Feel free to email me back privately if you'd like, or you can respond here.

"Thanks!"

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 8:50 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 8:51 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(11/07/2024)

Mom emailed me the doctors notes for Aidan.

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 8:52 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 8:52 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(11/13/2024)

Mom emailed the following to me and the clinician working with my client's younger sister (Danielle):

"Hi Mario and Danielle,

I wanted to share an update regarding some recent events that seem to have impacted the kids' emotional state.

Yesterday, after Elora's therapy session, all the kids seemed to regress. I decided to keep them home from school and took them into the forest for a mushroom-hunting outing. Spending time in nature really helped them decompress—by the end, they were calm, stable, and proud of the hard work they put into the hike and finding the chanterelles. The outing seemed to reset their energy in a positive way.

However, today the kids had their mid-week visit with Mat, and they came back dysregulated. It's upsetting to hear some of the things he and his wife, Monica, said to them. Mat criticized Elora, saying, "It's not your fault you didn't go to school, it's your mom's," which left her feeling bad about missing school for the outing. He was aware of the reason they didn't attend school since he was cc'd on the school's email, yet he still chose to speak negatively about me in front of them.

Raina even asked me, "Why does Dad hate you?" while Aidan has been more withdrawn and shuts down when situations like this arise.

I know there may not be anything that can be done directly, but I wanted to keep you informed, as it seems important to note these experiences and their effect on the kids.

Thank you for all your support.

Veronika"

And mom included a screenshot of an email she sent to the school stating:

"All children are regressing after therapy.

Lots of meltdowns.

I'm keeping all kids home for a personal day consisting of donuts and mushroom hunting."

I responded with the following:



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 8:52 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

"Thanks for sending! These updates are helpful."

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 8:57 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 8:58 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(11/14/2024)

Mom sent the following message:

"Hi Mario,

I wanted to update you on a recent development regarding Aidan's ADHD assessment with Dr. Stein. Aidan's teacher sent the Vanderbilt assessment to Dr. Stein without my knowledge, which led him to consider ADHD as a possibility. While Dr. Stein did not rush to prescribe medication and instead recommended a cognitive assessment to check for potential learning issues, I'm unsure of the necessity. Given Aidan's prior testing for the PAT program last year, I don't believe he has a learning disability.

Despite my repeated requests for the assessment, his teacher initially declined to share it and then included the principal and school psychologist on the email thread, which was very strange. I am concerned that my reputation may be impacted at the school, with Mat portraying me as "high-conflict." After writing that email I included snapshots of, Mathew sent the assessment! Which means he had it the entire time and never shared with me.

After reviewing the assessment, which I've forwarded to you, I am heartbroken by some of the insights, particularly Aidan's reported feelings of worthlessness. This has not been my experience with him, and I am worried that witnessing past instances of conflict may have affected him more than I realized. I don't see any indicators that Aidan has ADHD, but I am open to hearing your thoughts on this and documenting it as needed.

Thank you for your support,

Veronika"

Mom also sent a video link from instagram of Dr. Gabor Mate sharing his perspective about how he believes ADHD to be a coping mechanism for babies and children dealing with stress and that it is not a real disorder.

I responded with the following:

"I'll look over all of this and let's discuss it at our next parents session. Sorry you have had such a difficult experience with all of this!"



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 8:58 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

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Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 9:01 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 9:01 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(12/05/2024)

Mom emailed the following:

"Just had a conference with Aidan's teacher. It seems to be a concern that Aidan's group of friends kind of abuse him a little bit. He's under the assumption that even though Finn hits him that's how he shows love and I've told him before that it's never ok to push, shove or hit anyone and that group of friends aren't really friends if he is pushed around by them.

Can you help him work through this?

Thank you,

Veronika"

I responded with:

"I'll address this in our next session. Thanks for the heads up!"

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 9:03 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 9:10 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(12/13/2024)

Mom emailed the following to me and the clinician working with her daughter:

"Dear Danielle and Mario,

I wanted to share my concerns regarding the children's lunch situation at school. After realizing what Raina has been eating for lunch, it's become clear to me that a special lunch—provided by the school since January 2023—is in their best interest, especially considering Aidan may have ADHD or be on the spectrum.

It's incredibly frustrating that their father does not prioritize their needs and instead creates unnecessary complications. I'm beginning to understand how this lack of support has negatively affected Raina's emotional well-being.

I've attached screenshots showing that Mat was included in the special lunch communication, so there is no reason why he shouldn't be advocating for the children's food sensitivities.

Thank you for your continued support, and I hope this provides helpful context as we work together to ensure the best outcomes for Raina and Aidan.

In gratitude,

Veronika"

She also included two screenshots of emails back and forth with the elementary school discussing dietary restrictions (emails were from 01/09/2023), and included the following recent email to the school:

Hi Robin,

I hope this message finds you well.

It's come to my attention that there may be some conflicting information regarding my children's lunch arrangements, specifically from their father, Mathew Ralidak. Today, I noticed Raina had milk and an Uncrustable, both of which her doctor has recommended avoiding due to their inflammatory effects.





## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 9:10 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

As you know, it's important for our children's health and well-being to maintain consistency with their "special lunch." Dr. Bowker's recommendations—which I believe I sent over last year—are designed to prevent inflammatory responses that can impact their emotional and cognitive functioning. You've always been incredibly supportive of these guidelines, and I truly appreciate your understanding.

However, the lunch staff mentioned there is an email from Mat stating that the kids can have "special lunch" when they're with me but can eat anything they want when they're with him. I understand this may cause confusion, but it isn't your responsibility to track which household they're at. I apologize for the trouble this situation has caused and would like to clarify this for the sake of our children's health.

Could you please share a copy of the email Mat sent regarding the different food guidelines for each household? Additionally, moving forward, I would like to request that all of my children remain on "special lunch" throughout the school year, regardless of whose care they are in. I will speak with Mat directly to remind him of Dr. Bowker's recommendations and reinforce the importance of consistency in their diet.

Thank you so much for your continued care and support with this matter. Your help ensures that my children (and their teachers) have the best possible days at school.

Warm regards,  
Veronika Goodnight

I responded with the following:

"Thanks for the email, Danielle and I will go over this information together the next time we see one another in the office."

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 9:14 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 9:15 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(02/08/2025)

Mom emailed the following:

"Hi Mario,

During tonight's FaceTime, Aidan didn't want to talk at first, which is really unusual for him. When he finally opened up, he just cried about missing his old house in Everett. It broke my heart. I let him express his feelings and just be in that moment with him.

To help him process, we talked about all the different houses he's lived in and what he loved about each one. Then, I encouraged him to imagine bringing all his favorite things into the new home we're searching for.

It was an intense call, and it was hard not being able to physically comfort him. I just wanted to share how sad he was, in case it's something to explore in your next session. That said, I feel like we ended the call in a connected and stable place.

Thanks for everything,

Veronika"

She also included a screenshot of a facetime video where her son Aidan appears to be crying.

I responded with the following:

"Thanks for the update, sorry he was having a difficult night! I'll keep this in mind for our next session. Thanks!"

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 9:17 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 9:18 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

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### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(02/18/2025)

Mom emailed the following:

"Hi Mario,

I wanted to reach out regarding Aidan's emotions surrounding all the moves he has experienced. While the moves on my end have been out of my control- I had to leave an abusive relationship with their father, then move again from toxic landlords after our dog was killed on the farm and now we are facing issues with black mold and other unsafe conditions in our current home- I have always done my best to prepare my children. I've included them in the home-searching process, kept them informed, and ensured they were never blindsided by transitions within my control.

However, last night Aidan shared with me how deeply sad he is about his father moving from the Everett house. He expressed that he was completely caught off guard when, after spending a week with me, Mat and Monica took him and his sisters to lunch and casually informed them that they were moving. Both Raina and Elora were in tears at the table, and Aidan was also crying, struggling to process the sudden change. When they returned to the Everett house, it had already been fully staged and moved out of, which left him feeling blindsided and deeply unsettled.

Aidan is particularly sensitive to not being told what's going on in his dad's home, and this has really affected him. While I can support him with love, reassurance, and open conversations about our own moves, I don't know how to help him navigate the lack of communication from his father. I've encouraged him to bring up his feelings with Mat and also to share them with you, as I believe he needs additional guidance in processing these emotions.

I want to note that I did not CC his father on this email, as I feel this is private and sensitive information between Aidan and me. I want to ensure he has a safe space to express his emotions without concern about how they will be received elsewhere.

I would really appreciate any insight you can offer on how best to support him through this. Thank you so much for your time.

With Gratitude,

Veronika Goodnight"

I responded with the following:



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 9:18 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

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"The is (\*thanks) for the info, sorry for the late reply. I'll talk about this with Aidan in our next session."

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 9:20 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 10:21 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(03/24/2025)

Mom sent a screenshot of a teacher reaching out about how Aidan struggled in school that day, and sent the following to me:

"I do not believe this behavior is from missing school. It's something else."

No response from me on this one.

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 10:23 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 10:23 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(04/04/2025)

Mom sent me the following:

"I am exhausted. Keeping you two in the loop. What fun."

Then included screenshots of a message from Aidan's dad and her response covering an event that took place at the elementary school during pick up.

And she included the following forwarded message she sent to Adam Del Rosso.

Hi Adam,

I just wanted to take a moment to thank you for the way you continue to show up with empathy and professionalism during incredibly difficult moments. Today was especially hard, and your calm presence reminded me that there are people in the school community who truly see and understand the complexity of what I've been navigating.

As you know, I've been doing my absolute best to care for my children and stay present in their lives. I've spent this past week volunteering, showing up, and supporting them through emotional challenges—and today, I was so proud to be there for Aidan during his recognition. These are the moments I live for as a mother.

Unfortunately, I was blindsided by another CPS call during the assembly—this time questioning the stability of our living situation. It's heartbreaking and exhausting to keep defending myself as a mother when I know, without a doubt, how much love, time, energy, and intention I put into raising my children. We've recently been given an incredible opportunity to live and grow on a farm, surrounded by support, and my kids are genuinely excited and thriving with this new chapter.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 10:23 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

I also want to be honest: Mat continues to be a source of emotional trauma for me and the children. His behavior today was unsettling and manipulative—filming us, twisting facts, and trying to involve others in ways that feel like intimidation. He is not someone I trust, and unfortunately, these cycles of control and chaos are not new to me. What hurts the most is knowing my children are not allowed to call me when they're with him, and I'm left to sit in silence after pouring everything into their care this week

I just want to live in peace, raise my children well, and continue building the stable, joyful life we all deserve. I'm grateful for your understanding and the grace with which you navigate these situations. It means more than you know.

With Gratitude,  
Veronika Goodnight

I did not respond to this.

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 10:29 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 10:31 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(04/09/2025)

Mom said the following:

"Hi Danielle and Mario,

I wanted to share some important context that may be relevant to your work with Raina and Aidan, particularly as it relates to potential emotional stressors they may be navigating.

There has been a pattern of my co-parent, Mathew Ralidak, scheduling and altering medical appointments for the children without coordinating with me—despite our court-ordered parenting plan requiring such coordination. Most recently, he changed Elora's appointment with no notice and brought her to a provider unfamiliar with her medical history, bypassing her established care team. I share this because it reflects an ongoing dynamic that may affect the children's sense of consistency, safety, and trust in adult decision-making.

Additionally, I recently discovered that false information about me—including fabricated claims of alcohol abuse, drug abuse, and mental illness—was entered into Elora's medical chart. I did not provide or consent to this, and it echoes past legal behavior that the court has previously found concerning. I am taking appropriate steps to have this corrected.

I am sharing this information solely to provide context and support your understanding of any emotional or behavioral responses you may observe in Raina and Aidan. Please let me know if you need documentation or further information for your clinical records.

Thank you for your continued support of the kids.

Sincerely,

Veronika Goodnight"





## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 10:31 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

I did not respond.

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 10:34 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 10:33 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(04/12/2025)

Mom said the following:

"Dear Danielle and Mario,

I hope this message finds you well. I'm writing to share an update regarding ongoing challenges with Aidan and Raina's father, Mathew Ralidak, which I feel are impacting the children's emotional stability and their ability to maintain consistency in care and routine.

There have been several recent incidents in which the parenting plan has not been followed—specifically around medical coordination, missed transitions, and appointment cancellations without my knowledge. Today, Mat failed to show up at our previously agreed-upon custody exchange location despite multiple confirmations via TalkingParents. I was at the location as scheduled and am currently filing a non-emergency police report to document the incident. I haven't seen or talked to my children in 8 days.

This follows a pattern of exclusion and unpredictability that I am actively documenting for court and mediation. I continue to uphold my responsibilities and make every effort to maintain a stable and peaceful environment for the children, despite Mat's resistance to co-parent respectfully.

I am sharing this not to involve the children in conflict, but so you are aware of the underlying dynamics that may be contributing to any behavioral or emotional patterns you observe in session. My hope is that their therapeutic environment continues to feel like a safe and consistent space, especially when so much feels out of their control.

Please let me know if there's anything you need from me to support their care. I value your insight and am grateful for your role in their emotional well-being.

With Graitude,



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 10:33 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

Veronika Goodnight"

I did not respond.

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 10:33 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 10:34 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(04/13/2025)

Mom sent the following:

"Dear Danielle and Mario,

I wanted to inform you that I was recently notified of a temporary protection order that was filed by Mathew Ralidak and granted through King County on April 11, 2025. This order currently restricts both myself and my fiancé from contact with Mathew, his wife, and—most painfully—my three children, including Aidan and Raina.

I have not yet been served with the full documentation, but I understand there is a hearing scheduled for April 25, 2025, at 8:30 AM, at which I will have the opportunity to respond. Until then, I will fully comply with the order while preparing my legal response. That means I will not be able to take our children to their scheduled therapy appointments

I'm sharing this with you confidentially so you are aware of the abrupt change and the potential emotional impact it may have on the children. Please know that my intent remains focused on protecting their emotional safety and ensuring they continue to receive support and consistency in therapy.

If there is anything you need from me during this time, or if I can assist in maintaining continuity of care for the kids through appropriate channels, I'm happy to do so.

Thank you for all you continue to do.

With Gratitude,

Veronika Goodnight"

I responded with the following:

"Thank you for sharing this update, I'll cancel Aidan's upcoming session on 4/14/25 at 1pm.

Please continue to keep me posted on any developments."

Mom sent the following response:



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 10:34 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

"Is canceling best?! Shouldn't we document as Mathew is interfering with their therapy?!! Elora's therapist just informed me that Elora was a no show. She was calling CPS with interference of her therapy. Isn't this the same thing?"

I responded with:

"I will write out everything in the cancellation note, the reason I need to cancel is so that you do not get charged for a session that you are not able to bring your child to. I'll document everything properly and take the necessary action steps. You can trust me on that. Let me know if you need anything else."

Mom responded with:

"Thank you 🙏

My god thank you. This has felt like such an alone process and there's all these people of authority who are saying somethings wrong, what mats doing isn't right and I have to conjure the power of the Gods to not just cry all day. I have never gone this long without hearing or touching my children and I feel like I'm dying. But I know it's only temporary. I know this is for the highest good for me and my children. I'm so sad Aidan won't see you this week. He values your time. My heart is hurting. I hope mat brings him. I'm sorry. I'm venting.

Thank you for your help on your end.

Oh!! Wait. May I request your notes please? I would like for my documentation."

Later I sent the following to mom of client:

"Matthew reached out today to let me know that he could bring Aidan in on Monday. Just letting you know. I'll charge Matthew for the session since he is bringing him in."

She responded with:

"Thank you"

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 10:40 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 10:35 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(04/13/2025)

Mom of client sent the following:

"I found this awful video used in first trial. Holding Raina!!! When he pulled back his fist I was holding Aidan.

He is so abusive and now I can't touch, see, or hear my children for 22 days?!? In our 2nd trial's supplements and findings this is what the judge said!!!! How is Mat getting away with this?! I've been to EVERY practice, game, and dr appointment until last week. I can't even uphold my volunteer responsibilities at their school!!!

" Balance of Harms and Advantages

The Court is required, under RCW 26.09.260(2), to balance the detriments and advantages of changes to the residential schedule. So far, this Court has focused on discussing Ms. Goodnight's shortcomings and Mr. Ralidak's strengths. However, Ms. Goodnight has many strengths as a parent and Mr. Ralidak has shortcomings. Ms. Goodnight is highly sensitive to the children's emotional needs.

**Mr. Ralidak is not.** When the Court inquired with the parties regarding the emotional needs of the children, Ms. Goodnight discussed how the youngest is prevented by Mr. Ralidak from calling her mother to say goodnight. Mr. Ralidak allows this 6-year-old child to cry herself to sleep, calling out for her mother, because he believes imposing a regimented bedtime routine is paramount. This shows a callous lack of understanding of the children's emotional needs, particularly when applied to a child so young who is missing her primary caregiver.

When the Court inquired about the emotional needs of the children, Mr. Ralidak tellingly did not respond with a discussion of the children's emotional needs, to be heard, to be understood, to be loved. Rather, he discussed routines, stability, responsibility, and other admirable traits and structures that are important for children ... but that have nothing whatsoever to do with their emotional needs. **It is clear to the Court that the change in the residential schedule should not result in the children being away from their mother for more than a week; in fact a weeks' time, on a regular basis, may be too long, particularly considering the emotional needs of the youngest child.**

In order to accommodate the children's emotional needs, particularly that of the youngest child, not to be away from either parent for a full week; to allow Ms. Goodnight to remind the children to utilize the emotional regulation techniques she is working with them on;



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 10:35 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

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and to enable Mr. Ralidak to monitor the children's homework and healthcare more closely, the Court finds it necessary to allow a mid-week visit for each parent.

The Court will also modify various miscellaneous provisions of the parenting plan in an effort to resolve ongoing disputes (and avoid additional court hearings) and more clearly define how the parents must make decisions going forward."

She also included a screenshot of a video where Matthew is holding a baby and flipping off the camera.

I did not respond.

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 10:37 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 10:40 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(04/14/2025)

Mom of client sent the following:

"I'm going crazy. I've never experienced pain like this before. Is Aidan ok? Do you think I should request the therapy notes? I still haven't been served and I've had ZERO contact with my kids."

My response:

"Aidan is okay. I wouldn't request the notes. It would be too difficult to gain access to those. They are protected. My advice is to ride this out and be on your best behavior until the hearing."

She responded with:

"Excellent.

That's all I needed to hear. 🙏

Thank you"

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 10:42 PM.





## Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 10:42 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

---

### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(04/17/2025)

Mom of client sent the following:

"It's all coming out now. These are therapy notes from sea mar when I got Aidan first into therapy. Mathew said no to therapy but the judge overruled."

And she included a screenshot where the following was noted:

"All Other Symptomology: (Onset, severity, frequency, duration): Mom states when we all lived together Aidan had so many accidents - he's now pretty much potty trained, and wears a diaper at night only. Aidan had accidents all the time only at home after an episode where dad said get the F out and then asked the children to pack "mommy's things"."

I did not respond.

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/21/2025 at 10:45 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 4/22/2025 12:05 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

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### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

SMS/Text

### Reason for Communication

Check in

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

(04/04/2025)

Mom of client sent the following:

"I just got another CPS call. Please see these videos. My children are happy. Our address is still Monroe. Electrician came today. This life on the farm is going to be the best for the kids. Brand new RV with triple bunks. I'm so tired of defending my mothering!!! I'm a good mother!!!"

She also included four videos of her kids exploring their new living space/trailer and the house where a friend of Veronika lives.

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/22/2025 at 12:15 PM.



Met with Dan Claussen, Jessica Milian, and Danielle Smith to consult over this client and his sister (who sees Danielle for therapy).

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/22/2025 at 12:17 PM.



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 4/28/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, Dad

### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
Dress:	Appropriate
Motor Activity:	Unremarkable
Interview Behavior:	Appropriate
Speech:	Normal
Mood:	Euthymic
Affect:	Congruent
Insight:	Excellent
Judgment/Impulse Control:	Excellent
Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Medications

N/A

### Symptom Description and Subjective Report

Client reported some ups and downs with school.

### Objective Content

Parenting skills around communication with children, cognitive exploration, and play therapy.

### Interventions Used



## Progress Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 4/28/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, Dad

Cognitive Refocusing, Cognitive Reframing, Exploration of Emotions, Exploration of Relationship Patterns, Narrative, Parenting Skills, Play Therapy, Psycho-Education, and Supportive Reflection

### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Progressing

2. Explore perceived stress and develop healthy coping strategies

Progress: Progressing

#### Plan

Continue goals of therapy.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 4/28/2025 at 4:12 PM.



## Progress Note

Larch Counseling PLC  
Clinician: Mario Gaspar de Alba, LMFT  
Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

Date and Time: 5/16/2025 3:00 PM - 4:00 PM  
Duration: 60 minutes  
Service Code: 90837  
Location: NB Office  
Participants: Client only

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### Diagnosis

F43.25 Adjustment disorder with mixed disturbance of emotions and conduct

Client struggling to adjust to parental separation and divorce, and has shown signs of excessive emotional outbursts and problematic school behavior. Will reassess in 3-6 months.

### Current Mental Status

Orientation:	X3: Oriented to Person, Place, and Time
General Appearance:	Appropriate
Dress:	Appropriate
Motor Activity:	Unremarkable
Interview Behavior:	Appropriate
Speech:	Normal
Mood:	Euthymic
Affect:	Congruent
Insight:	Excellent
Judgment/Impulse Control:	Excellent
Memory:	Intact
Attention/Concentration:	Good
Thought Process:	Unremarkable
Thought Content:	Appropriate
Perception:	Unremarkable
Functional Status:	Intact

### Risk Assessment

Patient denies all areas of risk. No contrary clinical indications present.

### Medications

N/A

### Symptom Description and Subjective Report

Client reported struggling with expectations versus reality, and wanting to work on it.

### Objective Content

Emotions exploration, family issues, and play therapy.

### Interventions Used



## Progress Note

Larch Counseling PLC

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Cognitive Refocusing, Cognitive Reframing, Exploration of Emotions, Exploration of Relationship Patterns, Narrative, Play Therapy, and Supportive Reflection

### Treatment Plan Progress

#### Objectives

1. Explore narrative surrounding client's beliefs in himself and his abilities and work through the damaging parts

Progress: Progressing

2. Explore perceived stress and develop healthy coping strategies

Progress: Progressing

#### Plan

Continue goals of therapy.

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 5/16/2025 at 4:06 PM.



## Contact Note

Larch Counseling PLLC

Date and Time: 5/16/2025 5:30 PM

Note Completed By: Mario Gaspar de Alba, LMFT

Patient: Aidan Goodnight-Ralidak, DOB 8/16/2016

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### Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

### Method of Communication

Email

### Reason for Communication

Treatment termination

### Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

### Communication Details

Mom has removed consent for treatment and all future sessions have been cancelled.

Mario Gaspar de Alba, LMFT, Licensed Marriage and Family Therapist, License WA LF 61611623, signed this note and declared this information to be accurate and complete on 5/16/2025 at 5:30 PM.