



Intake Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90791

Location: Duvall Office

Participants: Client, mom

Presenting Problem

Client has experienced trauma and the weight of parents divorce. Client has difficult time following directions and mother is concerned that client could possible gave ODD. Client's mom would like client to learn more tools for self-soothing instead of thumb sucking

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

Covered informed consent, confidentiality.

Biopsychosocial Assessment

Identification:	6, she/her
History of Present Problem:	since seperation
Psychiatric History:	none
Trauma History:	seperation of family
Family Psychiatric History:	will update later
Medical Conditions & History:	speech therapy
Current Medications:	none
Substance Use:	none
Family History:	1 older sister, 1 older brother. Parents seperated, messy divorce. Child cries when at dads. Client behaves out of the ordinary when coming home from dad according to mom
Social History:	friendly, has friends at school.



Intake Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90791

Location: Duvall Office

Participants: Client, mom

Spiritual/Cultural Factors:	Christian
Developmental History:	all normal. speech delayed
Educational/Vocational History:	1st grade, smart, does well in school
Legal History:	none except the divorce for parents
SNAP:	Funny, smart, and kind
Other Important Information:	reviewed paperwork

Plan

Create treatment plan, meet with mom privately

Diagnosis

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

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 10/24/2024 at 2:05 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 10/17/2024 3:41 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Dr.Bowker Bowker

Relationship to Patient: PCP

Method of Communication

Email

Reason for Communication

Treatment coordination

Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

Communication Details

Sent ROI and opened lines of communication

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 10/17/2024 at 3:42 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 10/21/2024 12:00 PM - 1:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Mother; client not present

Diagnosis

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

Medications

none

Symptom Description and Subjective Report

Mom was engaged and present

Objective Content

Clinician finished intake with mother

Interventions Used

Exploration of Coping Patterns and Exploration of Relationship Patterns

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: No Progress

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: No Progress

3. The clinician will show the client unconditioned positive regard

Progress: No Progress

Plan

Continue current treatment plan

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 10/24/2024 at 8:51 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 10/21/2024 3:28 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

Method of Communication

Phone

Reason for Communication

Treatment coordination

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Updated Dad on treatment plan going forward

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 10/21/2024 at 3:29 PM.



Treatment Plan

Larch Counseling PLLC

Date and Time: 10/24/2024 8:46 PM

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Diagnosis

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

Presenting Problem

Client has experienced trauma and the weight of parents divorce. Client has difficult time following directions and mother is concerned that client could possible gave ODD. Client's mom would like client to learn more tools for self-soothing instead of thumb sucking

Treatment Goal

Client will have a safe place to regulate emotions, process and discuss emotions, and gain tools to help regulate big feelings in everyday life. Client will learn self-soothing tools to help regulate emotions.

Objective 1

Client will be able to process emotions, identify

Estimated Completion: 6 months (4/24/2025)

Objective 2

Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Estimated Completion: 6 months (4/24/2025)

Objective 3

The clinician will show the client unconditioned positive regard

Estimated Completion: 6 months (4/24/2025)

Prescribed Frequency of Treatment

Every 2 Weeks

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

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206 signed this note and declared this information to be accurate and complete on 10/24/2024 at 8:49 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

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 was engaged and present

Client and clinician processed different imaginary scenarios that weren't always age appropriate.

Clinician explored where the client was learning these things

Objective Content

Child and Clinician had imaginary plan led by the child

Built rapport

Interventions Used



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

Exploration of Emotions, Role-Play/Behavioral Rehearsal, and Supportive Reflection

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: No Progress

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Progressing

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

Plan

Build rapport

Continue current treatment plan

Assess imaginary play

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 11/13/2024 at 1:27 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 11/13/2024 1:23 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

Method of Communication

Email

Reason for Communication

Treatment coordination

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Mother wanted a session summary from Monday November 11th. Sent summary session to both parents

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 11/13/2024 at 1:24 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 11/13/2024 1:24 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

Method of Communication

Email

Reason for Communication

Treatment coordination

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Mother asked for session summary from November 11th. Sent to both parents

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 11/13/2024 at 1:24 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 11/18/2024 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

Medications

none

Symptom Description and Subjective Report

Dad was engaged and present

Dad shared concerns about the client and goals for client

Objective Content

Clinician finished intake with dad.

Interventions Used

Exploration of Coping Patterns, Exploration of Emotions, Exploration of Relationship Patterns, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Not Addressed

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Not Addressed

3. The clinician will show the client unconditioned positive regard

Progress: Improved

Plan

Build rapport

Continue current treatment plan

Assess imaginary play

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 11/18/2024 12:00 PM – 1:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Dad; client not present

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 11/25/2024 at 3:47 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

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 was engaged and present

Objective Content

Child and Clinician had imaginary plan led by the child
Built rapport

Interventions Used

Exploration of Emotions, Role-Play/Behavioral Rehearsal, and Supportive Reflection



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Progressing

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

Plan

Build rapport

Continue current treatment plan

Assess imaginary play

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 11/25/2024 at 3:53 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

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 was engaged and present

Client shared recent choking incident with food, but didn't want to talk to much about it

Objective Content

Child and Clinician had imaginary plan led by the child

Built rapport

Interventions Used

Exploration of Emotions, Role-Play/Behavioral Rehearsal, and Supportive Reflection



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Progressing

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

Plan

Build rapport

Continue current treatment plan

Assess imaginary play

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206 signed this note and declared this information to be accurate and complete on 12/11/2024 at 2:36 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

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 was engaged and present

Client had a hard time answering any questions that clinician asked

Objective Content

Child and Clinician had imaginary plan led by the child

Client processed and worked through big feelings

Built rapport

Interventions Used



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

Exploration of Emotions, Role-Play/Behavioral Rehearsal, and Supportive Reflection

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Progressing

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

Plan

Build rapport

Continue current treatment plan

Assess imaginary play

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 1/6/2025 at 7:38 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 1/6/2025 4:00 PM - 5:00 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

Medications

none

Symptom Description and Subjective Report

Dad was engaged and present

Dad shared concerns about the client and goals for client

Objective Content

Dad processed things he had been seeing and hearing at home with the client

Interventions Used

Exploration of Coping Patterns, Exploration of Emotions, Exploration of Relationship Patterns, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Not Addressed

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Not Addressed

3. The clinician will show the client unconditioned positive regard

Progress: Not Addressed

Plan

Create treatment plan, meet with mom privately

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 1/6/2025 4:00 PM - 5:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: DAD; client not present

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 1/6/2025 at 7:42 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 1/6/2025 7:48 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: CPS

Relationship to Patient: CPS

Method of Communication

Phone

Reason for Communication

Safety issues

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Clinician contacted CPS, for safety concerns regarding threats to my client. The threat included was "That the client would be thrown off the balcony for not listening". Said by a new person the client is living with.

Case Contact: Sherry Jackson

#5581786

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 1/6/2025 at 7:50 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 1/9/2025 1:00 PM – 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: mom; client not present

Diagnosis

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

Medications

none

Symptom Description and Subjective Report

Met with mom to discuss goals about the client

Mom was able to share what she had been seeing at home

Objective Content

Clinician went over goals

Clinician recommended that mom watch the content, and what she talks about it front of child (age-appropriate only)

Clinician recommended that mom not speak ill of dad

Clinician and mom discussed setting boundaries, and developing a more stable routine

Interventions Used

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Not Addressed

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Not Addressed

3. The clinician will show the client unconditioned positive regard

Progress: Not Addressed

Plan

Change treatment plan

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Change treatment goals or objectives



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 1/9/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: mom; client not present

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206 signed this note and declared this information to be accurate and complete on 1/13/2025 at 4:05 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 1/9/2025 7:00 PM - 8:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Dad and stepmom; client not present

Diagnosis

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

Medications

none

Symptom Description and Subjective Report

Client met with dad and step mother to go over things that have been seeing at their house that are a concern

Objective Content

Clinician went over goals

Clinician recommended that dad watch the content, and what she talks about in front of child (age-appropriate only)

Clinician recommended that dad not speak ill of mom

Clinician and dad discussed setting boundaries, and developing a more stable routine

Interventions Used

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Not Addressed

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Not Addressed

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

Plan

Change treatment plan

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 1/9/2025 7:00 PM - 8:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Dad and stepmom; client not present

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 1/13/2025 at 4:07 PM.



Treatment Plan

Larch Counseling PLLC

Date and Time: 1/13/2025 4:11 PM

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Diagnosis

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

Presenting Problem

Client has experienced trauma and the weight of parents divorce. Client has difficult time following directions and mother is concerned that client could possible have ODD. Client's mom would like client to learn more tools for self-soothing instead of thumb sucking

Treatment Goal

Client will have a safe place to regulate emotions, process and discuss emotions, and gain tools to help regulate big feelings in everyday life. Client will have stabilization and structure. Client will behave in age appropriate manners and not be burden with adult things.

Objective 1

Client will be able to process emotions, identify

Estimated Completion: 6 months (7/13/2025)

Objective 2

Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Estimated Completion: 6 months (7/13/2025)

Objective 3

The clinician will show the client unconditioned positive regard

Estimated Completion: 6 months (7/13/2025)

Objective 4

The client from the parents will be given structure and stabilization.

Objective 5

The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Prescribed Frequency of Treatment

Every 2 Weeks

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

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 1/13/2025 at 4:14 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 1/17/2025 2:08 PM

Note Completed By: Danielle Smith, LMHCA

Patient:

Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

Method of Communication

Email

Reason for Communication

Treatment coordination

Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

Communication Details

Sent the following email to mom

Hello Veronika and Matthew,

I wanted to summarize what we discussed on January 9th, 2025. I spoke with you both at different times, and wanted to make sure this information is available in case you need to refer back to it.

Our discussions included goals for Raina, while there might be more concerns brought up, we all agreed these are good starting points.

1) Create stabilization and structure for Raina.

It is the adults responsibility to create the structure for Raina. This can include consistent routines with school, transitions, bedtime, etc. You can have different routines at each one of your homes, but they should be consistent and stable within your home. I also recommend that each of you help Raina with making her nightly call to the other parent.

2) By creating stability and structure, Raina will hopefully be better able to manage big emotions, and reactive behaviors.

It's the adults responsibility to hold boundaries for Raina and hold her accountable when she does have unwanted behavior. The adults will more consistently hold boundaries without the use of yelling, or other fear reducing methods of behavior management. (We are humans, when we do lose control such as yelling, repair is key here. Making sure to apologize, and having adults model accountability)

3) Monitoring age appropriate content and discussions.

Both mom and dad need to monitor what content Raina is watching or viewing. I would eliminate any access to the internet without direct adult supervision. Discussions should be watched closely, and only age appropriate things discussed around Raina. Parents should not be bad mouthing the other one, talking about grown up things. The goal is to not burden Raina with adult things and create a safe environment for her to have loving and trusting relationships with both parents.

Let me know if you have any concerns or questions on this.

Danielle



Contact Note

Larch Counseling PLLC

Date and Time: 1/17/2025 2:08 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 1/17/2025 at 2:08 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 1/17/2025 2:08 PM

Note Completed By: Danielle Smith, LMHCA

Patient:

Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

Method of Communication

Email

Reason for Communication

Treatment coordination

Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

Communication Details

Sent the following email to dad

Hello Veronika and Matthew,

I wanted to summarize what we discussed on January 9th, 2025. I spoke with you both at different times, and wanted to make sure this information is available in case you need to refer back to it.

Our discussions included goals for Raina, while there might be more concerns brought up, we all agreed these are good starting points.

1) Create stabilization and structure for Raina.

It is the adults responsibility to create the structure for Raina. This can include consistent routines with school, transitions, bedtime, etc. You can have different routines at each one of your homes, but they should be consistent and stable within your home. I also recommend that each of you help Raina with making her nightly call to the other parent.

2) By creating stability and structure, Raina will hopefully be better able to manage big emotions, and reactive behaviors.

It's the adults responsibility to hold boundaries for Raina and hold her accountable when she does have unwanted behavior. The adults will more consistently hold boundaries without the use of yelling, or other fear reducing methods of behavior management. (We are humans, when we do lose control such as yelling, repair is key here. Making sure to apologize, and having adults model accountability)

3) Monitoring age appropriate content and discussions.

Both mom and dad need to monitor what content Raina is watching or viewing. I would eliminate any access to the internet without direct adult supervision. Discussions should be watched closely, and only age appropriate things discussed around Raina. Parents should not be bad mouthing the other one, talking about grown up things. The goal is to not burden Raina with adult things and create a safe environment for her to have loving and trusting relationships with both parents.

Let me know if you have any concerns or questions on this.

Danielle



Contact Note

Larch Counseling PLLC

Date and Time: 1/17/2025 2:08 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 1/17/2025 at 2:09 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 1/20/2025 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

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 was engaged and present
Client was able to answer some questions with new structure
Client shared recent incidence with biting her brother
Client shared what she thought of each of family member

Objective Content

Client and clinician played with dolls to illustrate each family member

Interventions Used



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Progressing

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

4. The client from the parents will be given structure and stabilization.

Progress: No Progress

5. The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Progress: No Progress

Plan

Continue treatment plan
consent book

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 1/22/2025 at 3:45 PM.



Contact Note

Larch Counseling PLLC

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

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

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

Emailed dad over concerns for client

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/3/2025 at 2:01 PM.



Progress Note

Larch Counseling pllc

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Telehealth

Participants: Client only

Diagnosis

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

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 was engaged and present

Client was able to talk about something bothering her with her dad, client was fearful that she would never see her dad again

Objective Content

Client processed why she felt that way about her dad

Client shared what she watches on TV

Client and clinician played ice cream shop per clients request

Interventions Used



Progress Note

Larch Counseling pllc

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Telehealth

Participants: Client only

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Progressing

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

4. The client from the parents will be given structure and stabilization.

Progress: Progressing

5. The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Progress: Progressing

Plan

Continue treatment plan
consent book

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/6/2025 at 2:35 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 2/6/2025 5:19 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: CPS

Relationship to Patient: CPS

Method of Communication

Phone

Reason for Communication

Check in

Billing Information

Time spent: 3 minutes

The patient will not be billed for this communication.

Communication Details

CPS called my personal line on 2/6 at 3:11. We talked for 2 mins and 27 seconds. Questions were asked about client's wellbeing.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/6/2025 at 5:22 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 2/6/2025 5:22 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

Method of Communication

Email

Reason for Communication

Treatment coordination

Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

Communication Details

Emailed mom about concerns I had about client. Email below

Hello,

I wanted to let you both know of something concerning Raina brought up in our last session.

Raina mentioned to me that she was "really worried", and that "she was going to miss dad so much". When I asked her what she meant by this, she said "She was scared that she wasn't going to see dad ever again". I reassured her that she would always have a relationship with dad and asked her what made her think this. She responded "I don't know, I just can't stop thinking about it".

I would love any insight from either of you, of what could possibly spark this thought?

One of the things I talked about with both of you, is creating stability between the homes. Making sure Raina knows and gets reassurance from both of her parents, that she will have a loving and stable relationship with each of her parents is key here. I would ask that each of you just reiterate that to her.

Please let me know if you have any questions or insights. I will keep working with Raina on this. :)

Thanks!

Danielle

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/6/2025 at 5:22 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 2/6/2025 5:22 PM

Note Completed By: Danielle Smith, LMHCA

Patient:

Raina [REDACTED]

DOB [REDACTED]

Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

Method of Communication

Email

Reason for Communication

Treatment coordination

Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

Communication Details

Emailed dad about concerns over client. Email below

Hello,

I wanted to let you both know of something concerning Raina brought up in our last session.

Raina mentioned to me that she was "really worried", and that "she was going to miss dad so much". When I asked her what she meant by this, she said "She was scared that she wasn't going to see dad ever again". I reassured her that she would always have a relationship with dad and asked her what made her think this. She responded "I don't know, I just can't stop thinking about it".

I would love any insight from either of you, of what could possibly spark this thought?

One of the things I talked about with both of you, is creating stability between the homes. Making sure Raina knows and gets reassurance from both of her parents, that she will have a loving and stable relationship with each of her parents is key here. I would ask that each of you just reiterate that to her.

Please let me know if you have any questions or insights. I will keep working with Raina on this. :)

Thanks!

Danielle

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/6/2025 at 5:23 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 2/7/2025 12:42 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

Method of Communication

Phone

Reason for Communication

Treatment coordination

Billing Information

Time spent: 20 minutes

The patient will not be billed for this communication.

Communication Details

Spoke with Father via the phone over concerns about the client

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/7/2025 at 12:42 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 2/10/2025 1:37 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

Method of Communication

Email

Reason for Communication

Treatment coordination

Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

Communication Details

Emailed parents over concerns that occurred over the weekend

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/10/2025 at 1:37 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 2/10/2025 4:17 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: CPS

Relationship to Patient: CPS

Method of Communication

Phone

Reason for Communication

Safety issues

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Clinician reached out to update CPS after being made aware of some concerns by father. CPS called clinician last week, and at the time clinician did not have answers to the questions they were asking.

Case Contact Keri Thornhill

Number- 5619864

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/10/2025 at 4:18 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 2/13/2025 7:00 PM - 8:00 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

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 was engaged and present and happy to be in therapy

Client acted out how each adult handles conflict in family when she gets in trouble with puppets. During this she showed that mother's partner yells at her, tells her to turn around, and repeatedly spansks her behind.

Objective Content

Client explored how each of her adults make her feel when shes in trouble

Client and clinician worked on ways to understand what we are feeling

Interventions Used



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 2/13/2025 7:00 PM - 8:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Progressing

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

4. The client from the parents will be given structure and stabilization.

Progress: Regressed

5. The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Progress: No Progress

Plan

Continue treatment plan
more exploring emotions
comfort corner

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/14/2025 at 2:04 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 2/14/2025 2:07 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

Method of Communication

In Person

Reason for Communication

Safety issues

Billing Information

Time spent: 15 minutes

The patient will not be billed for this communication.

Communication Details

Disclosed to dad about puppet information. That raina demonstrated that Collin spansks her when she is trouble.

At this time not disclosing to mom, due to escalation of safety concerns by partner.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/14/2025 at 2:08 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 2/14/2025 2:08 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: CPS

Relationship to Patient: CPS

Method of Communication

Phone

Reason for Communication

Safety issues

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Spoke to CPS on 2/14/2025. Clinician followed up with questions about bruises. Clinician disclosed the use of corporal punishment by mom's partner. Clinician stated that client said mom/dad/step mom do not use spanking as a punishment only mom's partner.

Case number-5621715

Contact-Vinjo Chow

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/14/2025 at 2:11 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

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 was engaged and present

Client shared that she did not want clinician telling her mom about spankings in fear of being in trouble

Client used puppets to show how she feels sad when she leaves her dad house, and asked clinician directly "why she has to leave dad"

Client used puppets to show how she is disciplined client stated "all my mom does is yell at me and doesn't play with me"

Objective Content

Client used play as a way to show her emotions

Client acted out with puppets each emotions, and gave examples of each



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

Interventions Used

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Progressing

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

4. The client from the parents will be given structure and stabilization.

Progress: Regressed

5. The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Progress: Progressing

Plan

Continue treatment plan

more exploring emotions

comfort corner

Thumb sucking

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/28/2025 at 10:27 AM.



Contact Note

Larch Counseling PLLC

Date and Time: 2/17/2025 3:16 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Dan Clausen

Relationship to Patient: Therapist

Method of Communication

In Person

Reason for Communication

Safety issues

Billing Information

Time spent: 20 minutes

The patient will not be billed for this communication.

Communication Details

Discussed with supervisor/owner Dan Claussen about CPS called, and how to proceed with both parents.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/17/2025 at 3:17 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 2/17/2025 3:17 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Jessica Millian

Relationship to Patient: therapist

Method of Communication

Phone

Reason for Communication

Safety issues

Billing Information

Time spent: 20 minutes

The patient will not be billed for this communication.

Communication Details

Spoke with Jessica Millian (Supervisor) on 2/13 for 20 minutes to consult on CPS call and how to handle the situation with mom.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/17/2025 at 3:20 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 2/24/2025 1:45 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

Method of Communication

Email

Reason for Communication

Treatment coordination

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Emailed both mom and dad treatment recommendations. Mom responded by telling me she did not agree. Dad responded in agreement.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/24/2025 at 1:46 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 2/28/2025 10:23 AM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Jessica Milian

Relationship to Patient: Clinician Supervisor

Method of Communication

In Person and Zoom

Reason for Communication

Treatment coordination

Billing Information

Time spent: 25 minutes

The patient will not be billed for this communication.

Communication Details

Clinician spoke with Jessica Milian (Supervisor) on 2/27 about how to proceed with Mom's email and guidance on CPS call.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/28/2025 at 10:24 AM.



Contact Note

Larch Counseling PLLC

Date and Time: 2/28/2025 12:05 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: CPS

Relationship to Patient: CPS

Method of Communication

Phone

Reason for Communication

Safety issues

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Spoke to CPS on 2/28. Clinician reported more information after the recent CPS call. Clinician was advised to make an informational report from her supervisor Jessica.

Intake Number 5629627

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 2/28/2025 at 12:06 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

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 was engaged, but disregulated a few times through out our session.

Clinician was approached by mom in the lobby. Mom shared that client hasnt been sleeping well, and is lying. When client came into room, she repeatedly say "all i do is lie, I am liar", and "I am not good".

Clinician asked client if client lies to her, client shared "she has, and that it isnt Collin who spans her, but her mom". Client shared that mom had spanked her the night before. Client said she lied for mom to not get in trouble.

Client also shared that "my mom doesn't play with me like this, she never has"

Objective Content

Client used play as a way to show her emotions

Client acted out with puppets each emotions, and gave examples of each



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

Interventions Used

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Progressing

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

4. The client from the parents will be given structure and stabilization.

Progress: No Progress

5. The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Progress: No Progress

Plan

Continue treatment plan

more exploring emotions

bedtime chart

follow up with Jessica for guidance on spankings

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/5/2025 at 8:47 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 3/7/2025 1:52 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Jessica Milian

Relationship to Patient: Therapist

Method of Communication

Zoom

Reason for Communication

Treatment coordination

Billing Information

Time spent: 30 minutes

The patient will not be billed for this communication.

Communication Details

Clinician spoke with supervisor over new safety concerns after interactions with both client and mother on Monday 3/3/2025. Supervisor advised clinician to reach to DCYFS and speak directly to the client's case worker.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/7/2025 at 1:54 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 3/7/2025 1:54 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Dan Clausen

Relationship to Patient: Supervisor

Method of Communication

Phone

Reason for Communication

Treatment coordination

Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

Communication Details

Clinician reached out to Dan Claussen for guidance on emailing with social worker, and protocol.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/7/2025 at 1:55 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 3/7/2025 2:05 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: CPS (DCYF)

Relationship to Patient: CPS

Method of Communication

Phone

Reason for Communication

Safety issues

Billing Information

Time spent: 7 minutes

The patient will not be billed for this communication.

Communication Details

Spoke with the woman from DCYF that originally called me. Was told to relay new information to client's social worker Gracey Pearson by email instead of calling the intake line. The woman said to call the intake line if anything was critical.

Gracey Pearson

gracey.pearson@dcyf.wa.gov

425-515-5925

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/7/2025 at 2:08 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 3/7/2025 2:10 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Gracey Pearson

Relationship to Patient: DCYF

Method of Communication

Email

Reason for Communication

Safety issues

Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

Communication Details

Clinician emailed Gracey Pearson to find out if emailing new information was the correct process.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/7/2025 at 2:10 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 3/7/2025 2:40 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Gracey Pearson

Relationship to Patient: DCYF

Method of Communication

Phone

Reason for Communication

Safety issues

Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

Communication Details

Talked to Gracey (social worker) with DCYF about process with new information. She informed me to send her an email with new information, but if anything was urgent I could call the intake line.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/7/2025 at 2:42 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 3/7/2025 2:42 PM

Note Completed By: Danielle Smith, LMHCA

Patient:

Raina

DOB

Contacted Party

Name: Gracey Pearson

Relationship to Patient: DCYF

Method of Communication

Email

Reason for Communication

Safety issues

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Clinician sent email on 3/7 to Gracey Pearson addressing new safety concerns that Raina shared with me on Monday 3/3. Email is below.

Hi Gracey,

Thank you again for taking my call. I saw Raina on Monday 3/3/2025 where she shared new information with me.

Raina entered my office telling me "I am a bad kid, all I do is lie. I am bad" She shared that mom yells at her all the time, tells her she is lying, and spansks her. When asked how often she gets spanked, Raina replied with "a lot." Raina also said that at her dads house she is never spanked.

Raina has also asked me questions "why she has to leave dads house", and made statements that "mom doesn't play with her".

It should be noted that I have not spoken to mom about the use of corporal punishment with Raina. After my interactions with both Raina and mom I have increased concerns of how that information will be used. For that reason I have not talked to the mom about any new information that has been shared with me.

Thanks for your time! Let me know if you have any other questions.

Danielle

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/7/2025 at 2:43 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 3/10/2025 1:00 PM - 2:00 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

Medications

none

Symptom Description and Subjective Report

Dad was engaged and present

Dad shared concerns about the client and goals for client

Clinician shared updates on client

Objective Content

Dad processed things he had been seeing and hearing at home with the client

Interventions Used

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: No Progress

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

4. The client from the parents will be given structure and stabilization.

Progress: No Progress

5. The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Progress: No Progress



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 3/10/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: dad; client not present

Plan

Continue treatment plan

more exploring emotions

bedtime chart

follow up with Jessica for guidance on spankings

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/10/2025 at 9:36 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 3/13/2025 8:33 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

Method of Communication

Phone

Reason for Communication

Treatment coordination

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Father reached to clinician over billing and other concerns he had for the client. Father reported teacher concern over client's learning. Father reported that he was worried about the client missing school next week when she is already struggling.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/13/2025 at 8:39 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 3/13/2025 8:34 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Jessica Millian

Relationship to Patient: Therapist

Method of Communication

Zoom

Reason for Communication

Treatment coordination

Billing Information

Time spent: 30 minutes

The patient will not be billed for this communication.

Communication Details

Discussed client's case with clinical supervisor.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/13/2025 at 8:35 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 3/17/2025 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

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 was engaged and present. Client was regulated all of session.

Client shared again that "mom spans me, but not collin". Client said "she has done it more then a few times"

Client explored family, and shared that "she doesn't like collin, but likes monica but has to pretend she doesn't when she is with mom".

When playing family, client came up with scenario that dad would leave and it would all happen in court, when clincian asked client if this pretend play related to her life client said" yes but she did not want to talk about it because it doesn't make her feel good".

Client also shared that her mom told her "the lepurchaun was mean and scary" client said she was scared to go anywhere by herself because of this.

Objective Content



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

Client used play as a way to show her emotions

Client used pretend play to help navigate her own story

Interventions Used

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: No Progress

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

4. The client from the parents will be given structure and stabilization.

Progress: No Progress

5. The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Progress: No Progress

Plan

Continue treatment plan

more exploring emotions

follow up with mom on language around step parents

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/19/2025 at 3:48 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 3/27/2025 7:00 PM - 8:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, stepmom

Diagnosis

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

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 was engaged and present. Client asked for extra session this week to talk. Client also asked for stepmom to be in the room with us.

Client shared "mom is getting an RV from a man I have to call grandpa". Client stated that "the grandpa tries to hug her and she doesn't want to be hugged. That he is creepy and gross." Client shared that she couldn't share this with mom because she will be mad, and still make her hug him. Client repeatedly asked me to not talk to mom about this. Client also stated "That he has tried to kiss me on the lips, but i told him no. But he doesn't listen" Client stated "i don't want to live next to him"

Client also shared "mom was watching the TV show Wednesday, and when i told her it was to scary she ignored me"

Objective Content



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 3/27/2025 7:00 PM - 8:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, stepmom

Client processed what it means to move somewhere she doesn't want to

Client and clinician worked on ways to advocate for ourselves when we don't want hugs or kisses with phrases such as "No thank you, I am not in the mood to hug"

Interventions Used

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Progressing

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

4. The client from the parents will be given structure and stabilization.

Progress: Regressed

5. The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Progress: No Progress

Plan

Continue treatment plan

more exploring emotions

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/31/2025 at 4:29 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 3/31/2025 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

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 was engaged and present

Client made it clear she didn't want to talk today but wanted to play since mom brought her

Clinician started singing "you are my sunshine" when playing with the dolls, client made it very clear she didn't want that song sung and told clinician "mom sings me this song"

Objective Content

Client used play as a way to show her emotions

Interventions Used



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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 Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: No Progress

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

4. The client from the parents will be given structure and stabilization.

Progress: Regressed

5. The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Progress: No Progress

Plan

Continue treatment plan
more exploring emotions

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/31/2025 at 4:31 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 3/31/2025 4:32 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

Method of Communication

Phone

Reason for Communication

Safety issues

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Client received call from dad 10 minutes before session on Thursday 3/27. Dad said that mom's car was parked in front of our offices and Raina was refusing to come in because mommy had showed up. Clinician went outside to talk to Raina, to tell her that we were safe, mommy wasn't in the building and reassure her that mom would not be coming. Clinician also offered to lock lobby door, and office door that way mom wouldn't be able to enter the building. Raina agreed to this, but wanted to check the building to make sure once inside and it was locked. Throughout the session if she heard a noise she would ask me make sure it wasn't her mom.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/31/2025 at 4:34 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 3/31/2025 4:34 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

Method of Communication

Phone

Reason for Communication

Safety issues

Billing Information

Time spent: 25 minutes

The patient will not be billed for this communication.

Communication Details

Clinician spoke with dad on Friday 3/28 to address safety concerns regarding Raina's living arrangements.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/31/2025 at 4:35 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 3/31/2025 4:35 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Dan Claussen

Relationship to Patient: Therapist

Method of Communication

Phone

Reason for Communication

Treatment coordination

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Clinician spoke with supervisor on 3/28 to address safety concerns, of mom being parked outside the front on Thursday. Supervisor advised clinician to reach out to Gracie at DCYF.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/4/2025 at 2:13 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 3/31/2025 4:36 PM

Note Completed By: Danielle Smith, LMHCA

Patient:

Raina

DOB

Contacted Party

Name: Gracey Pearson

Relationship to Patient: DYFS

Method of Communication

Email

Reason for Communication

Safety issues

Billing Information

Time spent: 15 minutes

The patient will not be billed for this communication.

Communication Details

Clinician emailed Gracey with DCYF to share new details of living situation with Raina. Email is below;

Awesome thank you. Raina asked last week to speak with me, (it was our off week from therapy), her dad made an appointment for Thursday 3/27. Ten minutes before our session her father called my line, and said Raina was freaking out because her mom's car was parked out front (I can't confirm this, as I don't know what the mom drives) but Raina was able to describe the car out front perfectly. I had to go outside to Raina's car, to provide reassurance that her mom was not in our building and that she would not be allowed in our building. I even went as far as saying I would lock the main lobby office door, so that no one else could enter our building (I was the only therapist left for the night). With my reassurance, Raina did enter our building as long as I locked the door. Throughout our session if she heard a noise she would ask me to go make sure mom hadn't come in, which I did.

She then shared with me that mom knew a man she called "grandpa" but isn't her actual grandpa was buying them a RV to live on his land. She shared that the man always wants hugs from her but she doesn't want to give him hugs, because he's creepy and gross. She also shared that he has tried to kiss her on the lips but she told him she doesn't like that or not but he still tries. She told me she doesn't want to live next to this man in the RV.

She also asked repeatedly for me to not tell mom about this. That I could only speak about it with dad and stepmom because she doesn't want mom to get mad. This concerns me as a professional but also makes it difficult because I don't want to ask mom about my concerns, in fear that the blame will be put on Raina.

Thank you again for your time. Let me know if you have any questions or if I should relay this information somewhere else.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/31/2025 at 4:37 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 3/31/2025 4:37 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

Method of Communication

SMS/Text

Reason for Communication

Treatment coordination

Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

Communication Details

Clinician texted dad update on safety concerns on Monday 3/31. Clinician let dad know that she had emailed Gracey for living concerns

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 3/31/2025 at 4:38 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/4/2025 2:11 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Gracey Pearson

Relationship to Patient: DCYF

Method of Communication

Email

Reason for Communication

Safety issues

Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

Communication Details

Emailed Gracey with new information regarding mom parked out front situation. Confirmed it was mom through sibling. Gracey was updated.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/4/2025 at 2:12 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/4/2025 2:13 PM

Note Completed By: Danielle Smith, LMHCA

Patient:

Raina

DOB

Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

Method of Communication

Phone and Email

Reason for Communication

Safety issues

Billing Information

Time spent: 30 minutes

The patient will not be billed for this communication.

Communication Details

Client's father asked to speak to clinician on 4/3/2025. Clinician spoke with father for 30 minutes along with stepmom Monica. Client's father shared that Raina had stayed two extra nights at their house. During this time Raina's behavior was great. They also shared that Raina that morning had told them "I made my decision, I want to live here with you guys".

They also shared that Monica went to a baseball game where all parties were at. They shared that Raina got in trouble for talking to Monica, and when Raina asked if she could stay an extra night at her dad, mom said yes. They reported after that Raina said she would cuddle her mom the next night, and her mother said "we will see about that". They were concerned about using cuddles/connection as a weapon.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/4/2025 at 2:18 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/4/2025 2:18 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

Method of Communication

Email

Reason for Communication

Treatment coordination

Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

Communication Details

Clinician received an email from mom worried about behavior at bed time, and Raina using emotional manipulation against her. Clinician texted mom and let her know she would respond to email once she was back in the office.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/4/2025 at 2:21 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/4/2025 2:21 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Jessica Milian

Relationship to Patient: Supervisor

Method of Communication

Zoom

Reason for Communication

Treatment coordination

Billing Information

Time spent: 55 minutes

The patient will not be billed for this communication.

Communication Details

Clinician went over the conversations she had the following week with mom, dad, Gracey with Supervisor to best support this family.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/4/2025 at 2:22 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/6/2025 6:17 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

Mother texted me that she was a good parent and sent me four videos of her children.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/6/2025 at 6:18 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/6/2025 6:18 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

Method of Communication

Phone

Reason for Communication

Safety issues

Billing Information

Time spent: 30 minutes

The patient will not be billed for this communication.

Communication Details

Dad asked to speak on a phone call with me on 4/4. He told me it was urgent. Dad told me that during school pick up, the mother came up to him asking why he called the CPS. He told her he didn't. He said that he felt she was trying to intimidate him with her fiancé Collin present. He said he had to get school officials to get involved to ask her to leave, as well as calling the police. He described this situation as unhinged and stated he would be filing a protection order against her and Collin. He wanted to relay this information about safety concerns for myself.

Dad also shared that his other two children told him the night before that Raina was slapped across the face, spanked, and thrown against the door.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/6/2025 at 6:22 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/6/2025 6:22 PM

Note Completed By: Danielle Smith, LMHCA

Patient:

Raina

DOB

Contacted Party

Name: Gracey Pearson

Relationship to Patient: DCYF

Method of Communication

Email

Reason for Communication

Safety issues

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Clinician emailed Gracey on 4/6 with updated concerns about the Father's information. The email is below:

Good Evening Gracey,

Hopefully this will be my last email to you! Thanks again for taking the time to read all my emails and be supportive of this family.

Raina's father called me on Friday night to notify me of a couple different things. He told me that the children told him (all second hand information at this point), that Veronika spanked, slapped and threw Raina against the door the night prior. I am meeting with Raina tomorrow, so I will be curious if this is something she brings up in our session.

Lastly, I know there was an altercation at school with the parents. Involving who called DCYF, since it was my email that reopened all this I just wanted to ask if my name will be given to Veronika. I understand that's not your choice, I just want to make sure I am taking any safety precautions as this seems to be escalating.

Thank you again for all your time and dedication.

Danielle

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/6/2025 at 6:23 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/6/2025 6:25 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Jessica Milian and Dan Claussen

Relationship to Patient: Supervisors

Method of Communication

Phone

Reason for Communication

Safety issues

Billing Information

Time spent: 25 minutes

The patient will not be billed for this communication.

Communication Details

On Friday 4/4 clinician spoke with both Jessica Milian and Dan Claussen for supervision related to all the new information given. Clinician was advised to reach out to Gracey again about physical punishment being used by mom. Supervisors also helped clinician address any safety concerns within the office.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/6/2025 at 6:27 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 4/7/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, monica step mom

Diagnosis

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

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 was engaged, but really did not want to talk today. In the first 4 minutes of our session the client immediately shared a small spot on her chest where she says "mommy did this to me". When asked about it client had a hard time answering.

The client eventually shared that "mom had spanked her multiple times, and slapped her across the face when she wouldn't go to bed"

Objective Content

Client engaged in play with the client to build trust

Interventions Used



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 4/7/2025 1:00 PM - 2:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, monica step mom

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Progressing

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

4. The client from the parents will be given structure and stabilization.

Progress: No Progress

5. The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Progress: No Progress

Plan

Continue treatment plan
more exploring emotions

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/7/2025 at 7:48 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/7/2025 7:50 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Gracey Pearson

Relationship to Patient: DCYF

Method of Communication

Email

Reason for Communication

Safety issues

Billing Information

Time spent: 5 minutes

The patient will not be billed for this communication.

Communication Details

Clinician followed up with Gracey after client confirmed without prompt that "mommy spanked me and slapped me across the face".
Email below:

Hi again :)

Follow up, within 4 minutes of our session Raina shared a spot on her chest (it was very hard for me to see anything), and stated "mommy did this to me". She then shared with me without prompting from me that "mommy spanked me and slapped me across the face".

Once again thank you! I really appreciate it.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/7/2025 at 7:51 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/7/2025 8:00 PM

Note Completed By: Danielle Smith, LMHCA

Patient:

Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

Method of Communication

Email

Reason for Communication

Treatment coordination

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Clinician emailed mom back about bedtime concerns. Email is below

Hi Veronika,

It sounds like bedtime is really difficult. I think there is a lot going on right now, and I imagine Raina can feel that. When it comes to bedtime it sounds like you are doing the things I would want you to do. Bedtime charts, reading, songs, cuddling, etc. I will be honest with you, I am not a fan of corporal punishment used on children for a desired behavior. While not illegal, research suggests it can have damaging effects on a child's behaviors. As a parent myself, I understand the frustration but I believe it's important to set the example of being able to remain calm and firm without escalating our own behavior.

A couple things come to mind here: do you guys have an awake/sleep clock? A lot of time this helps with early risers but might help with Raina. It's a clock that you can set times it will turn red when the child should stay in their bed and green when they can come out (this obviously excludes times when the child might be sick or have a nightmare).

I would also suggest setting the expectation with Raina an hour in advance, such as "we are all going to play UNO, but after its bedtime" or "Raina you have an hour before bed, is there anything you want to do before we put our bodies to sleep?"

I would also limit all screen time at least an hour before bed as well.

I would keep maintaining this boundary in a calm and consistent way. No negotiating, if she comes out of bed, walk her back to bed, and repeat the bedtime message "It's time for our bodies to get some rest, so we can have a fun day tomorrow".

Let me know if you have any more questions or any concerns!

Danielle

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/7/2025 at 8:00 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/14/2025 2:54 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

Method of Communication

Email

Reason for Communication

Treatment coordination

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Clinician emailed with mom letting her know her concerns of meeting with Collin over bedtime issues. Clinician recieved supervision on this matter, and was advised that she could meet with him but to keep it related to bedtime. Also remind parents, the primary parents are the ones we want over seeing bedtime, connection, structure, boundaries, etc.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/14/2025 at 2:55 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/14/2025 2:55 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Matthew Ralidak

Relationship to Patient: Father

Method of Communication

Phone

Reason for Communication

Safety issues

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Clinician spoke with dad about restraining order against client's mother and collin. Dad sent over the paperwork.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/14/2025 at 2:56 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/14/2025 2:56 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Veronika Goodnight

Relationship to Patient: Mother

Method of Communication

Email

Reason for Communication

Treatment coordination

Billing Information

Time spent: 10 minutes

The patient will not be billed for this communication.

Communication Details

Mom emailed several times after receiving restraining order and texted phone. Mom had to cancel appointment for Raina on Monday 4/14. Clinician reached out to dad who is going to bring her in.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/14/2025 at 2:57 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/14/2025 2:58 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Jessica Milian

Relationship to Patient: Supervisor

Method of Communication

Zoom

Reason for Communication

Treatment coordination

Billing Information

Time spent: 25 minutes

The patient will not be billed for this communication.

Communication Details

Clinician received supervision from supervisor where she was able to ask questions surrounding Collin and the client.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/14/2025 at 2:58 PM.



Treatment Plan

Larch Counseling PLLC

Date and Time: 4/14/2025 2:59 PM

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Diagnosis

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

Presenting Problem

Client has experienced trauma and the weight of parents divorce. Client has difficult time following directions and mother is concerned that client could possible have ODD. Client's mom would like client to learn more tools for self-soothing instead of thumb sucking

Treatment Goal

Client will have a safe place to regulate emotions, process and discuss emotions, and gain tools to help regulate big feelings in everyday life. Client will have stabilization and structure. Client will behave in age appropriate manners and not be burden with adult things.

Objective 1

Client will be able to process emotions, identify

Estimated Completion: 6 months (10/14/2025)

Objective 2

Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Estimated Completion: 6 months (10/14/2025)

Objective 3

The clinician will show the client unconditioned positive regard

Estimated Completion: 6 months (10/14/2025)

Objective 4

The client from the parents will be given structure and stabilization.

Objective 5

The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Prescribed Frequency of Treatment

Every 2 Weeks

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

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/14/2025 at 3:00 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

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 was engaged and present but struggled talking. Client shared at one point really missing her mom. When clinician asked what part she said all of her mom. Client shared though she was enjoying being at dad's, she just wanted to be able to talk to mom. Clinician asked about the "you are my sunshine" song, and client shared that she doesn't like the song because it's the one mom sings. Client shared that she gets nervous to share things in fear mom will be mad. Client told the clinician today "she doesn't trust me anymore"

Objective Content

Client engaged in play with the client to build trust

Interventions Used



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Maintained

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Maintained

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

4. The client from the parents will be given structure and stabilization.

Progress: Progressing

5. The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Progress: Progressing

Plan

Continue treatment plan

more exploring emotions

Trust?

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/14/2025 at 8:21 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 4/16/2025 7:00 PM - 8:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Mom, and mom's partner Collin; client not present

Diagnosis

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

Medications

none

Symptom Description and Subjective Report

Mom asked clinician to meet with both her and partner to discuss bedtime. Mom was emotional and upset after everything that had happened with restraining order and not seeing her children.

Mom and partner laid out the night of bedtime that transpired- Mom believes that Raina came home from dad and is dysregulated. Mom stated there no calming her down, screaming, screaming on the toilet. Mom did normal bedtime routine but eventually had to take a break because Raina wouldn't stop screaming. Eventually mom lost control spanked Raina and told her to "get the fuck out" from that point Alora came out screaming "to not hit her sister". Mom stepped away. Collin took over, and laid with them, and talked to each of them and eventually got them both to calm down and sleep.

Mom showed remorse for her behavior

Alora shared that night that she was worried mom was going to lose custody.

Objective Content

Clinician went over bedtime strategies with mom and boyfriend

Clinician discussed the use of corporal punishment and the importance of remaining calm, and setting the example.

Interventions Used

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Not Addressed

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: Not Addressed

3. The clinician will show the client unconditioned positive regard

Progress: Not Addressed



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 4/16/2025 7:00 PM - 8:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Mom, and mom's partner Collin; client not present

4. The client from the parents will be given structure and stabilization.

Progress: Not Addressed

5. The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Progress: Deferred

Plan

Continue current treatment plan

Connect with Raina on bedtime

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/17/2025 at 4:02 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 8:00 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Jessica Milian

Relationship to Patient: Supervisor

Method of Communication

Zoom

Reason for Communication

Treatment coordination

Billing Information

Time spent: 55 minutes

The patient will not be billed for this communication.

Communication Details

Discussed with Jessica Milian on 4/21/2025 the client's case

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/21/2025 at 8:01 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 4/21/2025 8:01 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Contacted Party

Name: Dan Claussen

Relationship to Patient: Director

Method of Communication

Phone

Reason for Communication

Treatment coordination

Billing Information

Time spent: 30 minutes

The patient will not be billed for this communication.

Communication Details

Clinician had phone call on 4/21/2025 with Dan Claussen, Jessica Milian, and Mario Gasper to discuss client's case and coordinate treatment planning

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 4/21/2025 at 8:02 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 5/1/2025 7:00 PM - 8:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, Stepmom, partime

Diagnosis

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

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 that she misses mom and is confused. Client reported that she likes being at dad's thought because she no longer has spansks or yelling at her. Client says she no longer has to hear her mom called her "bad". Client called stepmom, "mom" throughout our session.

Objective Content

Client did sand tray with clinician and created a story/scene where the mom was bad and died. Client said everything is ruined.

Interventions Used



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 5/1/2025 7:00 PM - 8:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, Stepmom, partime

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: No Progress

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

4. The client from the parents will be given structure and stabilization.

Progress: Progressing

5. The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Progress: Progressing

Plan

Continue current treatment plan

Listening

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 5/8/2025 at 2:52 PM.



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 5/14/2025 6:00 PM - 7:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, Step-mom second half

Diagnosis

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

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 was engaged and present. Client listened really well and was able to articulate different feelings. Client shared that she really misses her mom but that she is glad she isn't getting slapped anymore. Client shared she does want to go back and live with mom, but also wants to live with dad

Objective Content

Client and clinician did a feelings activity

Client and clinician played and colored

Interventions Used



Progress Note

Larch Counseling PLLC

Clinician: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

Date and Time: 5/14/2025 6:00 PM - 7:00 PM

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client, Step-mom second half

Cognitive Reframing, Exploration of Relationship Patterns, Preventative Services, Structured Problem Solving, Supportive Reflection, and Symptom Management

Treatment Plan Progress

Objectives

1. Client will be able to process emotions, identify

Progress: Progressing

2. Client will learn self-soothing and coping skills for when the client is experiencing big emotions

Progress: No Progress

3. The clinician will show the client unconditioned positive regard

Progress: Progressing

4. The client from the parents will be given structure and stabilization.

Progress: Improved

5. The parents will monitor their speech, and content around the client. The client will not be burden with adult things and only be around age appropriate things

Progress: Progressing

Plan

Continue current treatment plan

Listening

Prescribed frequency of treatment: Every 2 Weeks

Recommendation: Continue current therapeutic focus

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 5/15/2025 at 1:44 PM.



Contact Note

Larch Counseling PLLC

Date and Time: 5/16/2025 6:41 PM

Note Completed By: Danielle Smith, LMHCA

Patient: Raina [REDACTED] DOB [REDACTED]

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

Mother emailed clinician removing consent for treatment services. All future appointments have been canceled.

Danielle Smith, LMHCA, Licensed Mental Health Counselor Associate, License MC61294206, signed this note and declared this information to be accurate and complete on 5/16/2025 at 6:42 PM.



Intake Note

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFTA

Patient: Aidan [REDACTED] DOB [REDACTED]

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

Larch Counseling PLLC

Clinician: Mario Gaspar de Alba, LMFTA

Patient: Aidan [REDACTED] DOB [REDACTED]

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

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

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 [REDACTED] DOB [REDACTED]

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
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 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 [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

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 [REDACTED] DOB [REDACTED]

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
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 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 [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Duvall Office

Participants: Client only

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 [REDACTED] DOB [REDACTED]

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
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

(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 [REDACTED] DOB [REDACTED]

Date and Time: 1/20/2025 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

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 [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Telehealth

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 "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 [REDACTED] DOB [REDACTED]

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

Duration: 60 minutes

Service Code: 90837

Location: Telehealth

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

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

Date and Time: 3/31/2025 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 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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

"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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

"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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

"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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

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 [REDACTED] DOB [REDACTED]

Date and Time: 5/16/2025 3:00 PM - 4:00 PM

Duration: 60 minutes

Service Code: 90837

Location: NB 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 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

Clinician: Mario Gaspar de Alba, LMFT

Patient: Aidan [REDACTED] DOB [REDACTED]

Date and Time: 5/16/2025 3:00 PM - 4:00 PM

Duration: 60 minutes

Service Code: 90837

Location: NB 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

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 [REDACTED] DOB [REDACTED]

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.