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Provider No: [REDACTED]  
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Dear Psychologist Colleague,

Thankyou for seeing Mr [REDACTED], d.o.b. [REDACTED].

I have been seeing Mr [REDACTED] episodically for some years.

He has a background diagnosis of Generalized Anxiety Disorder, which at times dips into prominent depression.

He returned to me recently after 6 years, with worsening anxiety and depressive symptoms.

[REDACTED] has had difficulty tolerating antidepressant medications. He has now had an excellent response to Seroquel XR 100mg daily.

[REDACTED] has also been reading a CBT based self help book which he finds very beneficial.

He would likely benefit from further CBT. Given a lot of his worry is based around past decisions, he may well benefit also from mindfulness or ACT therapy.

I will continue to see him intermittently to monitor his medications.

Regards

  
Dr Anthony [REDACTED]