

7-20-95

Heath Stocks

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DICTATED BUT NOT HEARD

Progress Summary

Heath Stocks is an 18 year old white male from Lonoke, Arkansas that was initially seen in my office 3-29-95. He was referred by Dr. Leslie Anderson of Lonoke. He was first seen with his mother, Barbara. What prompted the visit to the office apparently is Heath's explosive temper. He admits to having a very bad temper and sometimes slams things, hits things or tears things up. He states that he often goes out to the barn or some outbuilding and hits things.

He also reported to me that he had been seduced by a dance teacher when he was 13 years old. He states that this relationship lasted for a year or a year and a half. He told me that he believed his reputation, locally, was adversely affected by this relationship. He states that he believes that local girls his own age were "afraid to go out with me".

Many of his difficulties now appear to arise out of relationships with girls. He recently had a breakup with a girlfriend and he continued to be very obsessive with it. Even after he began dating another girl he continued to obsess about this one relationship.

On the 12th of April 1995 he was administered the Minnesota Multiphasic Personality Inventory. The validity scales on this examination suggest that Heath responded in an exaggerated fashion. The resulting clinical profile appears more severe because of this and is probably invalid. He does endorse quite a few bizarre symptoms and the narrative that is computer generated is in the chart.

Throughout the course of treatment I introduced Heath to various stress management strategies for the management of this temper that included relaxation training and exercise. In addition to this I suggested various cognitive strategies for coping with his anger.

He was getting ready to return to school (college) at the time of termination and was improved. He had planned on trying out for the football team and I encouraged this. He seemed to be looking forward to going to college. He was last seen 7-20-95.