



The Counseling and Psychotherapy Centers, Inc.

Promoting Community Safety Through Management and Treatment

July 18, 2023

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To Whom it May Concern:

Mr. Colgan has participated in individual dual-diagnosis therapy since May of 2023. The focus of treatment has been building skills that will assist with the management of the symptoms of a panic disorder, as well as exploration of the role that substances play in his life. Mr. Colgan, as required per the current court order, attends three, 30-minute sessions each week.

The current treatment recommendation for Mr. Colgan, based on the results of his co-occurring disorders evaluation on 03/27/2023, is for him to participate in dual-diagnosis therapy to address emotional identification and regulation skills, stress management, distress tolerance and skills related to the management of panic disorder. Appropriate dual diagnosis therapy is flexible and best applied when responsive to the needs of the individual client.

It is this clinician's recommendation that one, 30-minute session weekly is appropriate at this time based on Mr. Colgan's stable living, employment and long-term relationship. The frequency of treatment may increase, if needed, during time(s) of symptom exacerbation, as well as to decrease during times of mental health stability and actions that comply with the requirements of his supervised release.

Respectfully,

Julie Rosania, LCSW

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