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04/18/2024

U.S. District Court
Southern District of Georgia
Honorable Judge J. Randall Hall

This letter is to inform the court that Mr. Brandon J. Thurmond (DOB 2/15/1990), contacted our office on September 19, 2023 to request an intake appointment for mental health therapy. Mr. Thurmond's initial appointment occurred on Monday October 2, 2024. Mr. Thurmond initially attended weekly sessions for 1 hour, but currently attends bi-weekly sessions due to moderately significant progress made.

Diagnosis:

F43.1 Post-Traumatic Stress Disorder (Chronic)

F41.1 Generalized Anxiety Disorder (Moderate)

Treatment Modalities:

Cognitive Behavioral Therapy (CBT)

Mindfulness Based Therapy (MBT)

Progress:

Severity at intake: Moderate to Severe

Current Severity: Low to Moderate

Mr. Thurmond initially presented as guarded, but was willing to engage in receiving counseling services to improve emotional regulation, interpersonal relationships, and processing unresolved trauma. In sessions, Mr. Thurmond has been open and candid regarding his life experiences and in processing these experiences, he has gained insight as to how emotionally damaging events of his past influenced his decision making. Mr. Thurmond has also expressed remorse and regret for past decisions that have negatively impacted others. In this writer's opinion and experience, Mr. Thurmond has put forth a great amount of effort into facilitating positive change in his life.

Recommendations for Treatment:

It is recommended that Mr. Thurmond continue attending individual, bi-weekly counseling to address difficulties related to his aforementioned diagnosis.

Please feel free to contact me with any questions you may have regarding the above information.

Respectfully,

Kim Barkus LCPC, CADAC, CCTP-II

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