

Client Name and Date of Birth _____

Date Completed _____

The *Diagnostic and Statistical Manual of Mental Disorders (DSM)* is a guide published by the American Psychiatric Association that explains the signs and symptoms ... of mental health conditions. Mental health providers use the *DSM* to diagnose ... and, if necessary, determine appropriate treatment. Health insurance companies also use the *DSM* to determine coverage and benefits and to reimburse mental health providers.¹ There are five diagnostic categories: Axis I through Axis V.

This psychotherapy service uses some of Axis I diagnostic categories, but not all, listed in the Mayo Clinic "search results" for "DSM".² This psychotherapy service is not offered for "Personality Disorders" or "Developmental Disabilities" (Axis II). Medical conditions (Axis III) are reviewed with you and there might be a situation in which a medical consult is recommended. Stresses in your life are recorded in Axis IV and a summary numerical rating is entered for Axis V^{3 4}. While this psychotherapy service does not bill insurance, you might want to submit your own claim. You can use this document in the claim for reimbursement.

The assessment of stresses and global functioning can be useful when done at the beginning, middle and end of a therapy. The comparison of therapist and client viewpoints can contribute to perspective.

While the *DSM* multi-axial diagnosis is required by insurance, it is not the only system that is available. An alternative is the *Psychodynamic Diagnostic Manual (PDM)*.⁵

¹ Source: Mayo Clinic - Adult Health, "Mental health: What's normal, what's not", <http://www.mayoclinic.com/health/mental-health/MH00042> (Retrieved April 7, 2012)

² Source: Mayo Clinic - Search "DSM", <http://www.mayoclinic.com/health/search/> (Retrieved April 7, 2012)

³ Ann Gen Psychiatry. 2011; 10: 2, Published online 2011 January 20. doi: 10.1186/1744-859X-10-2, "Guidelines for rating Global Assessment of Functioning (GAF)", <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3036670/> (Retrieved April 7, 2012)

⁴ Axis V Global Assessment of Functioning, (From DSM-IV-TR, pg. 34), <https://www.msu.edu/course/sw/840/stocks/pack/axisv.pdf>

⁵ Psychosomatics 49:178-179, March-April 2008, "Book Reviews: Psychodynamic Diagnostic Manual (PDM) PDM Task Force", Craig Lichtman, M.D., M.B.A., <http://psy.psychiatryonline.org/cgi/content/full/49/2/178> (Retrieved April 7, 2012)

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Axis I	Clinical Disorders Other Conditions That May Be a Focus of Clinical Attention	Codes provided on request
Axis II	Personality Disorders Developmental Disabilities	Deferred
Axis III	General Medical Conditions	
Axis IV	Psychosocial and Environmental Problems	Rating Scale 0 – 6 <u>Year Ago</u> <u>Currently</u>
	Problems with primary support group	— —
	Problems related to the social environment	— —
	Educational problems	— —
	Occupational problems	— —
	Housing problems	— —
	Economic problems	— —
	Problems with access to health care services	— —
	Problems related to interaction with the legal system/crime	— —
	Other psychosocial and environmental problems	— —
	Total	— —
Axis V	Global Assessment of Functioning (GAF)	<u>Year Ago</u> <u>Currently</u>
		— —

Therapist Signature and Date: _____