

Treatment Plan

Client Name: Jennifer Salinger

Client ID: X-199999

DOB: February 26, 1982

Therapist Name: Monique Saboia

Treatment Plan Start Date: March 31, 2021

Treatment Plan Review Date: May 26, 2021

Treatment Plan End Date (Est): Unknown

Presenting Problem/Concerns:
Anxiety as manifested by, irritability, restlessness, and difficulty sleeping.
The client presented with a depressive and anxious quality which she attributes to on-going marital discord. Her symptoms included fluctuations in mood, irritability, and difficulty sleeping. The client wishes to engage her husband in marital counseling but reported that she has been unsuccessful.
Strengths & Resources:
The client indicated that her strengths include an openness and ability to problem solve. Her resources consist of local family, close friends and reliable work colleagues.
Client endorses supports of family, friends, and work colleagues. She is currently employed as a physician assistant and works full time in a hospital setting.

Goals (What the person wants to achieve in treatment)
The client will attempt to engage her husband in marital therapy.
Example: "I am hoping that my husband will be open to going to counseling with me, but it doesn't seem likely that he will. I have tried to talk to him about our issues, but we don't seem to understand each other. I really wish he would help me with the household responsibilities and engage in activities with the children. I was raised very differently, and it is frustrating that he refuses to participate in anything. We both work full time and I feel like I take on all of the weight and responsibilities alone".
Objectives (Steps to achieve the goals)
Try to engage her husband in counseling. If that is unsuccessful then the client will begin her own counseling sessions.
The client will report in a few days if her husband is willing to participate in counseling. If he refuses then we will begin counseling sessions on March 31, 2021.
Therapeutic Interventions: (Actions of the Clinician)
Marital or individual therapy with the intention of helping the client learn to implement coping skills that will reduce her anxiety.
Therapist will refer the client for a physical and psychiatric evaluation. Therapist will help the client to implement cognitive and behavioral techniques in a supportive and nurturing clinical environment. Therapist will help the client explore other potential underlying causes of anxiety to alleviate symptomology.

Therapist Signature: Monique Saboia

Client Signature: Jennifer Salinger