

Treatment Plan

Client Name: _____ Client ID: _____ DOB: _____

Therapist Name: _____

Treatment Plan Start Date: _____

Treatment Plan Review Date: _____

Treatment Plan End Date (Est): _____

Presenting Problem/Concerns:

This is a descriptive of the clients concerns and presenting problem as described and identified by the client.

Example: Client present to therapy due to recent increase in symptoms of worry, and anxiety. Client endorses symptoms of disturbed sleep patterns, restlessness, preoccupation with loss of employment, and a sense of hypervigilance when leaving her home with COVID-19 Safety precautions. Clients states "I worry about becoming ill and getting COVID".

Strengths & Resources:

This is a descriptive of client's strengths and resources. It should provide information as to options available outside of therapy the client can utilize.

Client endorses supports of extended family, and identifies being involved in her church's small groups online. She is currently employed and working from home, and has reported she has 3 months savings in the event she is unemployed.

Goals (What the person wants to achieve in treatment)

When collaborating with individuals to create treatment plan goals, be sure to use the individual's *own words*. This does not mean using ONLY the person's words, but incorporate them so that the goal is truly theirs. Emphasize the individual's strengths (e.g. refer to developing abilities and skills and learning to use interventions).

Example: "I want to stop having those times when I suddenly feel so scared. It comes out of nowhere and I feel like I'm going to die!" Possible Goal: Learn and use techniques to eliminate panic attacks (evidenced by her report of the sudden experience of "feeling scared" and like she is "going to die.")

Objectives (Steps to achieve the goals)

Objectives need to be specific enough so that you can easily determine whether the objective has been met or partially met. Therefore, there should be some clear indicator of progress.

Example: Client will report by over the next 3 weeks increased tolerance when she has left her home 4 times this week while reporting a decrease in panic attacks to less than 1 time per week.

Therapeutic Interventions: (Actions of the Clinician)

Interventions are the actions of the clinician which are created to assist the client meet their objectives. There should be 1 intervention for each objective.

Example: Therapist will work to develop trust, and rapport. Will provide support and empathy as a means of providing safe environment. Therapist will explore underlying causes of anxiety symptoms.

Therapist Signature: _____

Client Signature: _____