

Treatment Plan For Ally Phillips - Bailey Jensky

3. Treatment Plan

Design a comprehensive treatment plan of an individual client or family system that you have encountered in your internship. The treatment plan must include:

- A minimum of
 - one problem statement
 - two goals *for each problem statement*
 - two objectives *for each goal*
 - two interventions *for objective*
- Description of specific intervention strategies and techniques implemented must reflect consideration of diversity issues and be suitable for client situation.
- Please see the template on E360 for further guidance on this assignment.

Treatment Plan Template

Client Name: Ally Phillips **Date:** 11/24/21_____

Problem Statement:

1. Symptoms of depression, indicated by feelings of intense sadness, having a hard time getting out of bed, and not enjoying things she used to
2. Lack of social support and feelings of isolation

Goals:

1. Start attending counselling through the school
2. Reach out to family about feelings of depression
3. Join a school club or volunteer group
4. Try to make new friends in classes

Objectives:

1. Ally will reach out to the counselling center at her school and set up an appointment for a formal evaluation
2. Ally will attend the weekly sessions with her counsellor to find ways to cope with her depressive symptoms
3. Ally will call her twin sister this week and be honest with her about how she is feeling
4. Ally will also call her mother to talk about how she has been doing
5. Ally will look into the clubs at her school
6. Ally will also research volunteer groups in her community
7. Ally will try to speak up more in one of her classes
8. Ally will sit near people she likes in her class and start conversation

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Interventions:

1. Counselling center will set up an appointment for Ally to see a counsellor
*Responsible professional: _____
2. Counsellor will evaluate Ally to see if she is experiencing depression
*Responsible professional: _____
3. Counsellor will meet with Ally once a week and help her work through why she may be feeling this way
*Responsible professional: _____
4. Counsellor will teach Ally about depression and possible ways to cope
*Responsible professional: _____
5. Ally will call her twin sister Jenny on Saturday morning, when they usually talk
*Responsible professional: _____
6. Ally will tell her sister that she has been “struggling” and have an honest conversation with her. She will then journal about how it made her feel to open up about this
*Responsible professional: _____
7. Ally will call her mom on Sunday when they usually talk
*Responsible professional: _____
8. Ally will open up to her mom about how she is doing, and ask if she knows of any history of depression in their family.
*Responsible professional: _____
9. Ally will go to the school website and look at the different clubs offered
*Responsible professional: _____
10. Ally will write down at least one club that she finds interesting and reach out to the club president if she wants to join
*Responsible professional: _____
11. Ally will research volunteer groups in her area online and write down at least one that interests her
*Responsible professional: _____

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12. Ally will go volunteer at least one time at one of the organizations she wrote down, and journal about her experience

*Responsible professional: _____

13. Ally will choose one class that she feels confident in

*Responsible professional: _____

14. Ally will talk or answer a question in this class at least one time

*Responsible professional: _____

15. Ally will sit near the group of people in her history class that she finds interesting

*Responsible professional: _____

16. Ally will start a conversation with one of them

*Responsible professional: _____

Client Signature _____

Social Worker Signature _____