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Treatment Plan

11/30/2022.

3. Treatment Plan

- one problem statement:
 - a. As a mom of two young adults that are in college and where marriage is not in good condition. My client is lacking a vision of what she wants in life. She wants to build her life by trying new things and adding new healthy habits.

4. two goals *for each problem statement*:

- a. Establish an AM and PM routine.
 - b. Look for a place to study GED in the Spanish language.
- two objectives *for each goal*:
 - a. Enroll in the gym to lower stress and anxiety level.
 - b. Start to read theology/spiritual books daily.
 - c. Social mobility by being around new people with the same goal of study.
 - d. Personal growth by being proactive in education and learning about myself and my surrounding.
 - two interventions *for objective*:
 - a. Cognitive Behavioral Therapy: This is a psychological treatment that has been effective in people for a range of problems including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and severe mental illness. CBT

has been made based on both research and clinical practice. CBT is based on several core principles, including:

1. Psychological problems are based, in part, on faulty or unhelpful ways of thinking.
2. Psychological problems are based, in part, on learned patterns of unhelpful behavior.
3. People suffering from psychological problems can learn better ways of coping with them, thereby relieving their symptoms and becoming more effective in their lives.

- **Strategy:**

*CBT treatment usually involves efforts to change thinking patterns. These strategies might include:

- Learning to recognize one's distortions in thinking that are creating problems, and then to reevaluate them in light of reality.
- Gaining a better understanding of the behavior and motivation of others.
- Using problem-solving skills to cope with difficult situations.
- Learning to develop a greater sense of confidence in one's own abilities.

*CBT treatment also usually involves efforts to change behavioral patterns. These strategies might include:

- Facing one's fears instead of avoiding them.
- Using role playing to prepare for potentially problematic interactions with others.
- Learning to calm one's mind and relax one's body.
- **Technics:** The key principle behind CBT is that your thought patterns affect your emotions, which, in turn, can affect your behaviors.
- identifying specific problems or issues in your daily life

- becoming aware of unproductive thought patterns and how they can impact your life
- identifying negative thinking and reshaping it in a way that changes how you feel
- learning new behaviors and putting them into practice

b. Reality Therapy: can be applied to individual, parent-child, and family counseling.

Studies have proven the effectiveness of reality therapy in treating addiction and other behavioral problems. What types of problems is reality therapy used for? Eating disorders, addiction, substance use, anxiety, phobias, and relationship difficulties. Reality therapy focuses on present issues and current behavior, and the ad will affect you later. Do not end any time delving into the past. Since reality therapy is solution-oriented, the worker will examine the client that is interfering with the ability to form strong relationships and figure out what changes to make in the behavior. Also, reconnect with the people that the client has been disconnected from. Also, reality therapy works around the system and instructs WDEP (wants, doing, evaluation, and planning). Based on the psychiatrist William Glasser in the mid-160s, reality therapy is profound that everyone is seeking to fulfill five basic needs, and mental health issues when the individual does not fulfill one of these needs, they are *Power or sense of self-worth* and achievement. *Love and belonging or being part of a family/ community*. *Freedom or independence*. *Fun*, which includes a sense of satisfaction/ pleasure. And lastly, survival is where the individual basic needs; food, shelter, and sex are met.

- **Strategy:** When the therapist works with the client based on their *wants* and what they are *doing*, to achieve those wants, *evaluating* if what they're doing is helpful or harmful to their goals, in command of their lives. And finally, plan with the client to change their behavior.

- **Technics, Eight Steps:** Build a good relationship. Examine the current behavior. Evaluate behavior-helpful or not? Brainstorm alternatives. Commit to new plan. Evaluate results- no punishment/excuses. Accept logical & natural consequences. Don't get discouraged.

c. **Self-Help Model:** is an intervention that can help the person to think about their goal in a pic picture view. It encourages you to, for example, outline your short-term and long-term goals, and whether they are realistic and achievable. Self-help can also help you be more systematic in the way you approach the changes you want to see.

- **Strategies:**

*Peer support is when someone uses their own experiences to support others who are going through similar challenges: Skills and practical knowledge for daily management. Emotional support. Connecting people with resources and communities of support. Ongoing follow-up.

*Positive self-talk: this is the internal conversation we have with ourselves as we go through our day. Unfortunately, this dialogue is frequently negative. When our self-talk is optimistic, we are better able to handle everyday stress and manage our depression. Improving by: Acknowledge your thoughts, challenging your thoughts, interrupt your thoughts, and Surround yourself with positive people.

- **Technics:**

o When people use books to learn about themselves or certain situations in which they are involved, they are engaging in self-help.

- o Groups and meetings are included in some self-help models.
 - o Requires individuals to perform exercises that help them to feel better.
 - o Meditation, positive quotes, and the repeating of positive phrases can be included in this type of self-help model.
- d. The Psycho-Educational Model: is an approach to changing the behavior patterns, values, interpretation of events, and life outlook of individuals who are not adjusting well to an environment (e.g. home, school, workplace). The process of change must consider the psychological state and emotional issues of the student, and involve the youngster in the development of better actions. Interventions based upon the PsychoEd model rely heavily on the teacher's ability to develop a trusting and accepting relationship with the student.
- **Strategies:**
 - o Use psycho-educational activities in almost every session.
 - o Start each session with a mood check.
 - o Clarify goals at the start of each session.
 - o Use props and experiential activities in your session.
 - o Use self-help assignments between sessions for encouraging practice.
 - o End each session with a feedback check.
 - o Use role-play variations often for skill building to improve communication and thinking skills.
 - o Use quizzes and handouts in and between sessions to practice skills learned.

- o Have a mixture of individual, small group and large group activities to make the learning dynamic and experiential in a variety of ways.
- **Technics:**
 - o Socratic questioning.
 - o Problem-solving skills.
 - o Improved communication.
 - o Assertiveness skills.

Treatment Plan Template

Client Name Rosario Ortega **Date** 11/27/2022

Problem Statement:

- a. As a mom of two young adults that are in college and where marriage is not in good condition. My client is lacking a vision of what she wants in life. She wants to build her life by trying new things and adding new healthy habits.

Goals:

1. Establish an AM and PM routine.
2. Look for a place to study GED in the Spanish language.

Objectives:

2. Enroll in the gym by introducing a healthy diet and drinking more water.
3. Start to read theology/spiritual books.
4. Social mobility by being around new people with the same goal of study.
5. Personal growth by being proactive in education.

Interventions:

- a. **Problem 1:** As a mom of two young adults that are in college and where marriage is not in good condition. My client is lacking a vision of what she wants in life. She wants to build her life by trying new things and adding new healthy habits.

1. **GOAL A:** Establish an AM and PM routine.

Objective 1: Enroll in the gym to lower stress and anxiety level.

- **Intervention** (Cognitive Behavioral Therapy): Learning to develop a greater sense of confidence in one's own abilities/ identifying negative thinking and reshaping it in a way that changes how you feel.

*Responsible professional: The Social Worker is going twice a week with the client to the gym. To build a close relationship with the client, to see the client's behavior and reactions in a new environment and see her resilient into a start in this new lifestyle.

*Client Progress: The client is going to the gym about one month ago and goes to the gym every day after work and spends one hour. The client said that she was shy before because she does not want to talk to people because of her issue to talk, and now she noticed that when she does thing that people will judge her or laugh about her, she speak clearly and feel less pressure. Also, she feels more motivated and forces herself to finish an exercise that she started, and that gives her motivation that she can really finish what she started.

2. **GOAL A:** Establish an AM and PM routine.

Objective 2: Start to read theology/spiritual books daily.

- **Intervention** (Self-Help Model): Read daily a book to learn about herself and her situation.

*Responsible professional: The Social Work helped the client to get to look at the book that she wants, *Diary of a winner: An action plan to connect with God and his purpose* by Rodrigo Riano del Castillo. The client did not order the book yet.

*Client Progress: By not having the book yet, she told me to she sees how she needs to be more self-efficacy in getting what she needs. The client is recognizing her negative habits and behavior by not doing what she must do for her.

3. **GOAL B:** Look for a place to study GED in the Spanish language.

Objective 1: Social mobility by being around new people with the same goal of study.

- **Intervention** (Reality Therapy): Accept logical & natural consequences.

*Responsible professional: Social workers will look for a place where the client goes to do the GED and do an appointment to schedule her classes.

*Client Progress: The client is interested to go back to school and re-educate herself by coming to school again. The client is still transitioning into being more efficient in disciplining herself by going to the gym and establishing a plan of being a student. Social Work sees the client motivated to go to school; but the client needs to balance her life between her job, gym, her family, and school. Also, the client wants to achieve all of those before objects, but still work on time management and more independence. However, the client did not register for the GED but is going to. Also, clients feel motivated by going to the gym because see that people are forcing themselves to exercise and keep healthy.

4. **GOAL B:** Look for a place to study GED in the Spanish language.

Objective 1: Personal growth by being proactive in education and learning about myself and my surrounding.

- b. **Intervention** (The Psycho-Educational Model): Improve communication and see how I communicate with others in the class.

*Responsible professional: At this point client is not yet registered for the GED classes but is keeping discipline in going to the gym. And she is less shy to talk to people in the gym.

*Client Progress: In the beginning, the client seems really motivated by going to the gym she wants to spend almost two hours; but Social Work recommends she keep her rhythm. The Client seems herself being one hour in the gym is good. Now, she is more open to talk, not having in mind that nobody will judge her by her issue (gauge when talking) of not talking clear.

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