

Treatment Plan

Client Name: Sharina Wilmot Client ID: 317555 DOB: 5/30/1993

Therapist Name: Jessica A Gonzalez

Treatment Plan Start Date: February 28, 2023

Treatment Plan Review Date: May 28, 2023

Treatment Plan End Date (Est): December 28, 2023

Presenting Problem/Concerns:

Client reports she feels she is frustrated with things that are outside of her control such as present conflict at work with a co-worker and thoughts of past traumas. When speaking of past traumas, she is visibly upset and expresses wanting to "move on with her life." Symptoms of insomnia, persistent headaches, anxiety, fear, worry, and brain fog are expressed. She fears losing control and is "stressed every day." Mrs. Wilmot stated that her symptoms last for entire days but that occasionally, her fatigue shifts into adrenaline at night when trying to go to sleep leading into insomnia. This leads to exhaustion and lack of concentration throughout the day. She states her stress level is high as well as distress at work.

Client expresses optimism and hope concerning willingness to change as well as to seek help. She has a self-awareness of persevering through difficult times throughout her life and a good understanding of when an onset of anxiety is presented. Client has strong support from family that include her mom, siblings, and grandfather. She is recently involved in ministry and has a strong belief as a Christian. She is part of a monthly prayer group and has church support. She is currently employed as a teacher in a charter school to first grade students and generates a very good income at present. She expresses "being happy with her husband who completely understands her."

Strengths & Resources:

Goals (What the person wants to achieve in treatment)

The first goal will be building trust and a working alliance with client and will include shared decision-making. Mrs. Wilmot will be given options to choose from and asked for her feedback concerning her treatment plan. Mrs. Wilmot: "I don't want to feel out of control in life. I am afraid I will lose control because of anxiety. Possible goals: Direct, symptom focused methods such as Gestalt two - chair work and systematic remediation such as emotion-regulation therapy in Dialectical Behavior therapy. Another possible goal: learning mindfulness and breathing techniques to combat anxiety, fear, and worry. She states, "I want extra support, so I don't feel alone." Possible goal: A supportive group

therapy session once a month for 30 minutes consisting of two other individuals with similar symptoms. She expresses she feels like her “body is in fight or flight mode” at night when she is trying to sleep. Possible goal: Possible therapeutic evidence-based interventions to help her identify and resolve these unwanted emotions that surface. Client expresses frequent headaches, brain fog and insomnia. Possible goal: A doctor’s appointment to solve physical symptoms and specifically consistent headaches and “brain fog.” Mrs. Wilmot is determined, hopeful, open and is in the preparation stage of meeting goals. Mrs. Wilmot states that “she feels much stress at work” which causes a lack of concentration and focus as well as being anti-social because it “makes her nervous.” Possible goal: Learning and using Stress management such as stress inoculation treatment and imaginal exposure to help with social situations, help her to relax and increase her self-confidence.

Objectives (Steps to achieve the goals)

For the first goal, helper will discuss with client diagnosis as well as the options of different interventions and therapies that are suggested for her that may help address her symptoms through shared decision-making. Secondly, helper will walk her through direct, symptom focused methods such as mindfulness and breathing techniques as a step-by-step process through modeling. Thirdly, receive continuous client feedback daily specifically so client knows she is in control of her treatment plan and will have a sense of autonomy. Fourthly, client will report over the next 2 weeks increased tolerance when she has attended one social function within those two weeks and observing decreasing levels of nervousness and fear to less than 2 per week.

Therapeutic Interventions: (Actions of the Clinician)

Therapist will work to develop trust, and rapport with client. Will provide encouragement, person-centeredness, empathy, congruency and listening skills to provide support for the client and to ensure her a safe environment for all the above goals. Therapist will adjust above techniques and interventions according to the client’s comfort level, concern, and clear understanding of how her symptoms connect with the techniques.

Therapist Signature: _____ Jessica
Gonzalez_____

Client Signature: _____