

# Treatment Plan

**Date:** April 23, 2023

## **Demographic information:**

- Age: 25 years old
- Name: J.V
- Gender: Female
- Race/ Ethnicity: Hispanic
- Occupation: High School Student

**DSM 5 Diagnosis:** F43.10; Post-Traumatic Stress Disorder

Signs/Symptoms/Comments: Client has a long history of violent, sexual, financial, and emotional abuse from an ex partner. Client reports intrusive thoughts, excessive crying, anxiety, and excessive fear at this time.

Patient strengths: Despite horrific events that have occurred in client's life, she has an appreciation of life and leans into spirituality.

Patient barriers to progress: J.V. has language and communication barriers, and cultural barriers. She is originally from a Latin American country and had to flee.

## **Psychosocial Formulation of client's situation**

**Problem 1: Trauma; Client has been or is exposed to traumatic experiences and suffers from PTSD symptoms from domestic violence in a previous relationship.**

Client Goal 1- Alleviate Reactivity to trauma; Client will alleviate reactivity to trauma as evidenced by decrease in anxiety, intrusive thoughts, and feelings of persecution.

Clinic Goal (instrument used to measure symptomatology- such as Clinical-Administered PTSD Scale (CAPS), SUDS, and GAD-7 to measure and set goal for treatment: Use the PHQ9 to gather more information on the client and his family history.

Objective 1: Create Trauma Narrative

Clients will construct a trauma narrative and share narrative as evidence by being able to verbalize and process feelings from the trauma.

Intervention: Therapist will, via listed modalities, use PCPP, IPT, and person-centered approaches to assist client in construction of trauma narrative.

- Associated Interventions: Brief Individual Visit
- Associated Interventions: Brief Treatment Plan
- Associated Interventions: Collateral sessions (Family w/o client)
- Associated Interventions: Family Therapy (w/ client)
- Associated Interventions: Group Collateral (Multi-Family)
- Associated Interventions: Group Therapy
- Associated Interventions: Individual Therapy

● Objective 2: Emotional Regulation

Client will learn and utilize emotional regulation techniques to diminish mood instability as evidenced by decrease in duration, intensity, and frequency of anxiety attacks (target goal: 75% decrease).

Therapist will, via listed modalities, use PCPP, IPT, and mindfulness techniques to assist client in consistently utilizing self-regulatory techniques.

- Associated Interventions: Brief Individual Visit
- Associated Interventions: Brief Treatment Plan
- Associated Interventions: Collateral sessions (Family w/o client)
- Associated Interventions: Family Therapy (w/ client)
- Associated Interventions: Group Collateral (Multi-Family)
- Associated Interventions: Group Therapy
- Associated Interventions: Individual Therapy

● Objective 3: Learn and Practice Relaxation Skills

Client will identify psychological cues and practice relaxation as evidenced by increased use of self-regulatory techniques to interrupt anxious and ruminating thoughts (target goal: 5 out of 7 times).

Therapist will, via listed modalities, use PCPP, and mindfulness techniques to assist client in learning and applying relaxation techniques with consistency.

- Associated Interventions: Brief Individual Visit
- Associated Interventions: Brief Treatment Plan
- Associated Interventions: Collateral sessions (Family w/o client)
- Associated Interventions: Family Therapy (w/ client)
- Associated Interventions: Group Collateral (Multi-Family)
- Associated Interventions: Group Therapy
- Associated Interventions: Individual Therapy

**Problem 2: Client reports lack of current medical appointment and follow ups as evidenced by client's self-report.**

Goal 1: Improve Physical health

Client will complete visit with physicians to obtain medical guidance.

● Objective 1: Complete Medical Follow Up

Client will complete the doctor's annual physical check up.

- Intervention: The therapist will, via listed modalities, use psycho-education and a reminder system to help client in organizing and making time see see a physician.
  - Associated Interventions: Brief Individual Visit
  - Associated Interventions: Family Therapy (w/ client)
  - Associated Interventions: Group Therapy
  - Associated Interventions: Individual Therapy

**Problem 3: Client is impacted by Covid-19 pandemic as evidenced by marked disruptions in her socialization opportunities upon arriving to the United States and isolationism.**

Goal 1- Client will reduce the personal impact of the Covid-19 pandemic and prepare for post Covid-19 transition as evidenced by increased in emotion self-regulation, and mitigation of impact of pandemic on pre-existing depressive and anxious mood.

Objective 1: Client will identify coping and problem solving skills that will reduce the impact of the COVID-19 pandemic on pre-existing depressive and anxious mood.

Intervention: The therapist will, via listed modalities, use PCPP, CBT informed, and person-centered informed techniques to assist client in identifying skills to use to offset outstanding impact of pandemic on current experience.

- Associated Interventions: Individual Psychotherapy
- Associated Interventions: Family Therapy Psychotherapy
- Associated Interventions: Group Therapy

Psychotropic Medications? N/A

Do you want the family involved in treatment? Yes

Termination plans: Client to reduce frequency of anxiety attacks by 75%; client to diminish intrusive thoughts by 75% and improve sleep hygiene; client to assimilate lived traumatic experiences. Client progress will be monitored through CAPS, SUDS rating, PHQ-9 scores, and GAD-7 scores.

Recognition of client diversity: Client is of hispanic race and her nationality is peruvian. She has a 9th grade education and comes from a lower income socio-economic background. She is Catholic and identifies as a straight, cis-gender female. According to evidence backed up research, 8% of the hispanic population in the United States deal with Post traumatic stress disorder, further Latino immigrants (such as my client) is at higher risk (Eisenman et al., 2008).

***Date of Next Review:*** Jul 22, 2023; 90 days after

**Signature of Therapist:** Lillian Gomez

References:

Eisenman, D., Meredith, L. S., Rhodes, H. J., Green, B. L., Kaltman, S., Cassells, A., & Tobin, J. N. (2008). PTSD in Latino Patients: Illness Beliefs, Treatment Preferences, and Implications for Care. *Journal of General Internal Medicine*, 23(9), 1386–1392. <https://doi.org/10.1007/s11606-008-0677-y>