

Treatment Plan 3.0

Date: 04/28/2023

Case/Client #: 022

Clinician Name: Jazmin Espinal

Theory: Cognitive-Behavioral Family Therapy

Modalities planned: Individual Adult Individual Child Couple Family Group: _____

Recommended session frequency: Weekly Every two weeks Other: _____

Expected length of treatment: 4 months

Treatment Plan with Goals and Interventions

Early Phase Client Goal: Manage crisis; reduce distressing symptoms.

1. Select Goal Type Establish therapeutic relationship and treatment goals to reduce irrational beliefs.

Measure: Able to sustain open up about his experiences for a period of one week.

Interventions:

a. Show respect for client's cultural values and beliefs

b. Problem-solving

Working Phase Client Goals: Target individual and relational dynamics using theoretical concepts.

1. Select Goal Type Eliminate irrational beliefs to reduce mutually reinforcing patterns.

Measure: Able to sustain work collaboratively to find solutions for a period of two weeks.

Interventions:

a. Assigning homework tasks

b. Thought records

2. Select Goal Type Reduce the use of negative schemas to reduce depressed mood.

Measure: Able to sustain less depressed mood for a period of six months.

Interventions:

a. Psychoeducation

b. Socratic dialogue

3. Select Goal Type Reduce mutually reinforcing schemas to reduce irritability and nightmares.

Measure: Able to sustain good interpersonal relations and sleep peacefully for a period of three weeks.

Interventions:

a. Communication training

b. Referral to social support groups

Closing Phase Client Goals: Long term goals or goals set by theory's definition of health.

1. Select Goal Type Increase access to resources to reduce the risk of relapse.

Measure: Able to sustain effective interpersonal relations for a period of three weeks.

Interventions:

a. Ensure access to community-level resources

- b. Mindfulness-based cognitive therapy
- 2. Select Goal Type personal/relational dynamic from theory to reduce symptom.
Measure: Able to sustain an enhanced ability to relate to others for a period of six weeks.
Interventions:
 - a. Thought records
 - b. Socratic dialogue

Treatment Tasks

1. Develop working therapeutic relationship using theory of choice:
Relationship building approach/intervention:
 - a. Show empathy, support, listen actively, and ask the right questions to get the client to open up.
2. Case conceptualization of individual, relational, and community dynamics using theory of choice.
Strategies and techniques:
 - a. Exploring individual thoughts and emotions
 - b. Evaluating patterns of interaction and communication
3. Identify needed referrals, crisis issues, collateral contacts, and other client needs.
 - a. *Crisis assessment intervention(s):* Housing assistance
 - b. *Referral(s):* Mindfulness-based cognitive therapy group

Diversity Considerations

Describe how treatment plan, goals, and interventions were adapted to address each area of diversity:

Age: *Include developmental tasks, cognitive ability, family life cycle, generational differences, etc.:*

Developmental tasks are designed for adults

Gender/Sexual Orientation: *Include specific gender role identity (e.g, working mother, traditional male, male-female transsexual, etc.), sexual orientation, ethnically based gender roles, etc.:*

The treatment goals not gendered.

Race/Ethnicity/Religion/Class/Region: *Include race, ethnicity (i.e., Italian American rather than White), immigration-status, religious beliefs, socio-economic status, and geographic region:*

Respect for religious affiliation as a Christian.

Other factors: *Identify any other significant diversity considerations, such as school, work, community etc.:*

As an African American, AM1 is at risk of discrimination and poor access to healthcare.

Evidence-Based Practice (Optional)

Summarize evidence for using this approach for this presenting concern and/or population: _____

Client Perspective (Optional)

Has treatment plan been reviewed with client: Yes No; If no, explain: _____

Describe areas of Client Agreement and Concern: Agrees that he needs help and access to resources like housing.

JE

Therapist's Signature, Intern Status

4/28/2023

Date

Supervisor's Signature, License Date