

Sample Treatment Plan-Example (Page 1)



PRESENTING PROBLEM:

Client reported feeling anxious more days than not. She shared that she has been struggling with symptoms for years and it has occasionally interfered with her daily functioning. She said her anxiety has taken a toll on her self esteem and has prevented her from being as social/happy as she would like to be. Client stated that she wants to work towards decreasing her anxiety and improving her self esteem.

SYMPTOMS:

Anxiety, rumination, stress, intrusive thoughts, excessive worry, sense of dread, low self esteem, self doubt, difficulty concentrating, trouble sleeping

DIAGNOSIS:

Generalized Anxiety Disorder (F41.1)

GOAL 1:

To establish rapport with therapist

OBJECTIVE 1:

Client will participate in rapport building and goal setting process

Sample Treatment Plan-Example (Page 2)



INTERVENTION 1:

Unconditional positive regard, active listening, person centered therapy

GOAL 2:

Client will report a 50% reduction in anxiety symptoms (per GAD score)

OBJECTIVE 2:

1. Client will identify triggers to overwhelming emotions
2. Client will identify alternative ways to handle overwhelming emotions

INTERVENTION 2:

1. CBT, therapeutic homework
2. Mindfulness, psychoeducation, CBT, solution focused therapy

ADDITIONAL GOALS:

*Goal 3: Client will increase self esteem by 50% per self report

- Objective 1: Client will be able to identify strengths and decrease negative self talk
- Interventions: CBT, self esteem exercises, positive reinforcement