

# Treatment Plan

Basic Information			
First Name <b>Riley</b>	Last Name <b>Walter</b>	Date of Birth <b>22/04/2001</b>	Patient Identifier (if known)
Gender <b>Female</b>	Preferred Pronouns <b>She/her</b>	Email <b>rileywalt@gmail.com</b>	Contact Number <b>000 0000</b>
Address <b>123 Sample St, Oakwood</b>		City <b>Houston</b>	State <b>TX</b>
		Zip Code <b>0384</b>	
Treatment Plan			
Patient concern <b>Riley is concerned about her anxiety. She finds herself having frequent panic attacks, without any warning of onset. She struggles to breath, and has started avoiding most social events and situations in fear of triggering further attacks.</b>			
Short term goals <b>Work on breathing techniques, and stabilize emotion regulation.</b>			
Long term goals <b>Exposure therapy to increase ability to partake in social situations of all forms</b>			
Current sleeping patterns <b>Regular 8 hours</b>			
Current exercise patterns <b>Hockey practice twice a week.</b>			
Medications <b>Currently none - advised to recieve prescription Lorazepam 1mg</b>			
Interventions <b>Riley has been provided with breathing techniques to counter panic attacks, and has been prescribed anxiety medication. She has been referred to a anxiety psychologist who she will see next week.</b>			
Clinician Name <b>Olivia Harris</b>	Clinician Designation <b>Dr.</b>	Clinician Signature 	Date <b>11.01.2023</b>

# Sample Treatment Plans

**David J. Berghuis, Arthur E. Jongsma,  
Jr., Kellye H. Slaggert**

## Sample Treatment Plans:

**Treatment Plans and Interventions for Depression and Anxiety Disorders** Robert L. Leahy, Stephen J. F. Holland, Lata K. McGinn, 2012-01-12 This widely used book and accompanying CD ROM are packed with indispensable tools for treating the most common clinical problems encountered in outpatient mental health practice Chapters provide basic information on depression and the six major anxiety disorders step by step instructions for evidence based assessment and intervention illustrative case examples and practical guidance for writing reports and dealing with third party payers In a convenient large size format the book features 74 reproducible client handouts homework sheets and therapist forms for assessment and record keeping The CD ROM enables clinicians to rapidly generate individualized treatment plans print extra copies of the forms and find information on frequently prescribed medications New to This Edition The latest research on each disorder and its treatment Innovative techniques that draw on cognitive behavioral and mindfulness and acceptance based approaches Two chapters offering expanded descriptions of basic behavioral and cognitive techniques More than half of the 74 reproducibles are entirely new

**Diagnosis and Treatment Planning in Counseling** Linda Seligman, 2012-12-06 Key features of the third edition An overview of the changing face of counseling from emerging employment opportunities to core competencies for counselors and trainers A broad range of qualitative and quantitative assessment tools with guidelines for their selection and interpretation A thorough review of the current edition of the Diagnostic and Statistical Manual of Mental Disorders including strategies for multiaxial assessment The DO A CLIENT MAP a comprehensive structured approach to treatment planning Expanded coverage of individual family and group interventions An updated chapter on documentation report writing and record keeping with sample reports and forms Brand new chapters on career and organizational development counseling and ethical standards for counselors A predictions chapter identifying trends most likely to influence the future of the field Case studies models and examples throughout

*Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder* Rene D. Zweig, Robert L. Leahy, 2012-01-18 Highly practical and clinician friendly this book provides evidence based tools for tailoring psychotherapy to the needs of clients with bulimia nervosa or eating disorder not otherwise specified EDNOS including binge eating disorder It offers specific guidance for conducting thorough clinical assessments and conceptualizing each case in order to select appropriate interventions A proven cognitive behavioral treatment protocol is presented and illustrated with a chapter length case example In a convenient large size format the book includes a session by session treatment plan and 20 reproducible forms handouts and worksheets that clinicians can photocopy or download and print for repeated use

**Social Workers' Desk Reference** Albert R. Roberts, 2009 This is a new edition of the wildly successful everyday reference for social workers Like the first edition it has been crafted with the help of an extensive needs assessment survey of educators and front line practitioners ensuring that it speaks directly to the daily realities of the profession It features 40% new material and a more explicit focus

on evidence based practice      **Fundamentals of Psychiatric Treatment Planning** James A. Kennedy, 2008-05-20 First published in 1992 Fundamentals of Psychiatric Treatment Planning outlines an approach that quickly became the definitive standard for writing treatment plans Developed by clinical psychiatrist James A Kennedy this practical intuitive method organizes psychiatric problems into seven categories psychological impairment social skills violence activities of daily living substance abuse medical impairment and ancillary impairment Treatment plans are developed using information gathered with the Kennedy Axis V an instrument that has proven more successful than both the Global Assessment of Functioning GAF scale and the Brief Psychiatric Rating Scale BPRS in establishing baselines and determining outcome measures Fundamentals of Psychiatric Treatment Planning serves as a powerful highly effective tool that Promotes a cohesive approach By using a consistent approach to planning the clinical team works in concert toward uniform goals and outcomes Helps staff gather critical information to improve outcomes For establishing baselines and determining outcome measures the Kennedy Axis V instrument has proven more successful than both the GAF and the BPRS Includes many examples to help staff write their own plans Rich with real life examples to guide staff including problem names and descriptions treatment modalities and samples of individual plans for each of the seven problem categories In addition to the Kennedy Axis V questionnaire Fundamentals of Psychiatric Treatment Planning includes blank forms for treatment planning and tabbed sections to allow for quick reference New features in the second edition include the integration of nursing care plans into master treatment plans new systematic steps for building goals and modalities refinements to the questionnaire and the introduction of online support via the author s website With its readily adaptable uniform approach to a complex subject Fundamentals of Psychiatric Treatment Planning Second Edition is a powerful highly effective planning tool for all members of the clinical staff      DSM-IV-TR in Action Sophia F. Dziegielewska, 2002-06-21 Includes specific applications of diagnostic and psychotherapeutic considerations for the spectrum of disorders included in the DSM-IV-TR Uses a person in environment context unique among books about the DSM-IV-TR Written by a professor who has taught thousands of students and clinicians across the country the basics of DSM-IV-TR in preparation for the licensing exam      *Play Therapy Treatment Planning with Children and Families* Lynn Louise Wonders, Mary L. Affee, 2024-03-29 Play Therapy Treatment Planning with Children and Families is a comprehensive guide that provides an integrative and prescriptive approach to creating customized treatment plans It s an excellent textbook for graduate programs in social work counseling and family therapy and an invaluable guide for practicing clinicians in all settings After exploring and explaining the many modalities for treating children and adolescents this book provides sample treatment plans using a variety of case vignettes Chapters also take readers through a road map for case conceptualization meeting with caregivers problem identification goal development diagnosis determination determination of interventions and termination and much more      **Treatment Planning for Psychotherapists, Third Edition** Richard B. Makover, M.D., 2016-02-16 Previous editions of Dr Richard B Makover s

popular handbook Treatment Planning for Psychotherapists shed light on this all too often neglected element of psychotherapy while squarely establishing themselves as the go to references on the topic Drawing on the author's years of experience and with engaging and memorable clinical examples the book presents a top down outcome based approach to treatment planning that emphasizes the importance of the initial interview and assessment to the planning process while providing practical advice for enhancing patient collaboration and reducing drop out rates This revised edition of the guide has been updated to reflect important changes in mental health delivery systems and funding relevant to treatment providers as well as the challenges and opportunities posed by the digital revolution It is also more readable than ever bullet points and chapter end summaries distill points of emphasis helping readers take in and reference information easily and effectively This third edition also features An amplified chapter on assessment that explains how this crucial step should inform case formulation and as a result treatment planning An expanded chapter on the challenges of treating patients struggling with cognitive impairment addiction and psychoses among other issues ensuring that readers are equipped to handle a wide range of scenarios A new simplified approach to the often overlooked but crucial step of formulation Suggested readings that will provide therapists with a comprehensive view of psychotherapy in general and treatment planning in particular The framework and methods offered in this edition of Treatment Planning for Psychotherapists make it an invaluable resource for clinical psychiatrists and psychologists psychiatric nurse practitioners psychiatric residents clinical social workers in short anyone engaged in the challenging but necessary work of helping patients address and overcome their dysfunction

**The College Student Counseling Treatment Planner** Camille Helkowski,Chris E. Stout,David J. Berghuis,2004-04-28 The College Student Counseling Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal review agencies Saves you hours of time consuming paperwork yet offers the freedom to develop customized treatment plans for young adult clients Organized around 28 main presenting problems from academic performance anxiety and financial stress to depression suicidal ideation and chemical dependence Over 1 000 well crafted clear statements describe the behavioral manifestations of each relational problem long term goals short term objectives and clinically tested treatment options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM IV TR TM diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA JCAHO and NCQA

Music Therapy in Mental Health for Illness Management and Recovery Michael J. Silverman,2015 Many music therapists work in adult mental health settings after qualifying This book is an essential guide to psychiatric music therapy providing the necessary breadth and depth to inform readers of the psychotherapeutic research base and show how music therapy can effectively and efficiently function within clinical practice

**A Practitioner's Guide to Rational-Emotive Behavior Therapy** Raymond A. DiGiuseppe,Raymond DiGiuseppe,Kristene A. Doyle,Windy

Dryden, Wouter Backx, 2013-08-15 Extensively updated to include clinical findings over the last two decades this third edition of *A Practitioner's Guide to Rational Emotive Behavior Therapy* reviews the philosophy theory and clinical practice of Rational Emotive Behavior Therapy REBT This model is based on the work of Albert Ellis who had an enormous influence on the field of psychotherapy over his 50 years of practice and scholarly writing Designed for both therapists in training and seasoned professionals this practical treatment manual and guide introduces the basic principles of rational emotive behavior therapy explains general therapeutic strategies and offers many illustrative dialogues between therapist and patient The volume breaks down each stage of therapy to present the exact procedures and skills therapists need and numerous case studies illustrate how to use these skills The authors describe both technical and specific strategic interventions and they stress taking an integrative approach The importance of building a therapeutic alliance and the use of cognitive emotive evocative imaginal and behavioral interventions serves as the unifying theme of the approach Intervention models are presented for the treatment of anxiety depression trauma anger personality disorders and addictions Psychologists clinical social workers mental health counselors psychotherapists and students and trainees in these areas will find this book useful in learning to apply rational emotive behavior therapy in practice

**The Family Therapy Treatment Planner, with DSM-5 Updates, 2nd Edition** Frank M. Dattilio, David J. Berghuis, Sean D. Davis, 2014-12-11 This timesaving resource features Treatment plan components for 40 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most accrediting bodies insurance companies and third party payors Includes new Evidence Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Family Therapy Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions Organized around 40 main presenting problems including child parent conflicts depression abuse death and loss issues blended family problems and loss of family cohesion Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Designed to correspond with The Family Therapy Progress Notes Planner Second Edition and the Brief Family Therapy Homework Planner Second Edition Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Additional resources in the PracticePlanners series Progress Notes Planners contain complete prewritten progress notes for each presenting problem in the companion Treatment Planners Homework Planners feature behaviorally based ready to use assignments to speed treatment and keep clients

engaged between sessions For more information on our PracticePlanners including our full line of Treatment Planners visit us on the Web at [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners)

**Therapist's Guide to Positive Psychological Interventions** Jeana L. Magyar-Moe, 2009-07-30 Positive psychology essentially the scientific study of the strengths that enable individuals and communities to thrive is a relatively new discipline that has experienced substantial growth in the last 5 10 years Research suggests that the principles and theories from this area of study are highly relevant to the practice of counseling and psychotherapy and positive psychology presents clinicians and patients with a much needed balance to the more traditional focus on pathology and the disease model of mental health This book provides a comprehensive introduction to the best researched positive psychological interventions It emphasizes clinical application providing a detailed view of how the research can be applied to patients Covering the broaden and build theory strengths based therapy mentoring modalities and more the volume will provide numerous assessment tools exercises and worksheets for use throughout the counseling and psychotherapy process Summarizes the applications of research from positive psychology to the practice of counseling and psychotherapy Provides clinician a variety of assessments worksheets handouts and take home and in session exercises to utilize in the process of conducting therapy from a positive psychological perspective Provides general treatment planning guidelines for the appropriate use of such assessments worksheets handouts and exercises Bibliography of positive psychology references to compliment the information provided in this book

**The Addiction Treatment Planner** Robert R. Perkinson, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2022-04-19 Clarify simplify and accelerate the treatment planning process so you can spend more time with clients The Addiction Treatment Planner Sixth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This valuable resource contains treatment plan components for 48 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more You ll save hours by speeding up the completion of time consuming paperwork without sacrificing your freedom to develop customized treatment plans for clients This updated edition includes new and revised evidence based objectives and interventions new online resources expanded references an expanded list of client workbooks and self help titles and the latest information on assessment instruments In addition you ll find new chapters on some of today s most challenging issues Opioid Use Disorder Panic Agoraphobia Loneliness and Vocational Stress New suggested homework exercises will help you encourage your clients to bridge their therapeutic work to home Quickly and easily develop treatment plans that satisfy third party requirements Access extensive references for treatment techniques client workbooks and more Offer effective and evidence based homework exercises to clients with any of 48 behaviorally based presenting problems Enjoy time saving treatment goals objectives and interventions pluse space to record your own customized treatment plan This book s easy to use reference format helps locate treatment plan components by presenting behavioral

problem or DSM 5 diagnosis Inside you ll also find a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA The Additction Treatment Planner Sixth Edition will liberate you to focus on what s really important in your clinical work Motivational Interviewing and Stages of Change Kathyleen M. Tomlin,Helen Richardson,2005-04-28 Motivational Interviewing and Stages of Change without CE Hours Test **The Intellectual and Developmental Disability Treatment Planner, with DSM 5 Updates** David J. Berghuis,Arthur E. Jongsma, Jr.,Kellye H. Slaggert,2012-03-05 This timesaving resource features Treatment plan components for 28 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most insurance companies and third party payors The Intellectual and Developmental Disability Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payers and state and federal review agencies Saves you hours of time consuming paperwork yet offers the freedom to develop customized treatment plans for the severely and persistently mentally ill Organized around 28 main presenting problems from family conflicts to paranoia parenting health issues and more Over 1 000 clear statements describe the behavioral manifestations of each relational problem and includes long term goals short term objectives and clinically tested treatment options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM 5TM diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including TJC and NCQA **The Family Therapy Progress Notes Planner** Arthur E. Jongsma, Jr.,David J. Berghuis,2010-07-06 The Bestselling treatment planning system for mental health professionals The Family Therapy Progress Notes Planner Second Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Family Therapy Treatment Planner Second Edition The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation Saves you hours of time consuming paperwork yet offers the freedom to develop customized progress notes Organized around 40 behaviorally based presenting problems including family of origin interference depression in family members divorce financial conflict adolescent and parent hostility friction within blended families traumatic life events and dependency issues Features over 1 000 prewritten progress notes summarizing patient presentation themes of session and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TRTM diagnostic categories in The Family Therapy Treatment Planner Second Edition Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Presents new and updated information on the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA **The Juvenile Justice and Residential Care Treatment Planner,**

**with DSM 5 Updates** William P. McInnis, Wanda D. Dennis, Michell A. Myers, Kathleen O'Connell Sullivan, 2015-08-21 This timesaving resource features Treatment plan components for 28 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most insurance companies and third party payors The Juvenile Justice and Residential Care Treatment Planner provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal review agencies Saves you hours of time consuming paperwork yet offers the freedom to develop customized treatment plans for juvenile clients Organized around 28 main presenting problems from depression and abandonment issues to truancy substance abuse family instability and others Over 1 000 well crafted clear statements describe the behavioral manifestations of each relational problem long term goals short term objectives and educational interventions Easy to use reference format helps locate treatment plan components by behavioral problem or DSM 5™ diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA TJC and NCQA

**Addiction Treatment Homework Planner** James R. Finley, Brenda S. Lenz, 2016-03-21 Help clients suffering from chemical and nonchemical addictions develop the skills they need to work through problems The Addiction Treatment Homework Planner Fifth Edition provides you with an array of ready to use between session assignments designed to fit virtually every therapeutic mode This easy to use sourcebook features 100 ready to copy exercises covering the most common issues encountered by clients suffering from chemical and nonchemical addictions such as anxiety impulsivity childhood trauma dependent traits and occupational problems A quick reference format the interactive assignments are grouped by behavioral problems including alcoholism nicotine dependence and sleep disturbance as well as those problems that do not involve psychoactive substances such as problem gambling eating disorders and sexual addictions Expert guidance on how and when to make the most efficient use of the exercises Assignments that are cross referenced to The Addiction Treatment Planner Fifth Edition so you can quickly identify the right exercise for a given situation or problem All exercises are available online for you to download and customize to suit you and your clients unique styles and needs **The Adolescent Psychotherapy Treatment Planner** David J. Berghuis, L. Mark Peterson, William P. McInnis, Timothy J. Bruce, 2014-02-03 The bestselling treatment planning system for mental health professionals The Adolescent Psychotherapy Treatment Planner Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions including conduct disorder substance use low self esteem suicidal ideation ADHD and eating disorders Organized around 36 behaviorally based presenting problems including peer sibling conflict school violence sexual abuse and others Over 1 000 prewritten treatment goals objectives and

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