

Treatment Plan

Basic Information			
First Name Riley	Last Name Walter	Date of Birth 22/04/2001	Patient Identifier (if known)
Gender Female	Preferred Pronouns She/her	Email rileywalt@gmail.com	Contact Number 000 0000
Address 123 Sample St, Oakwood		City Houston	State TX
		Zip Code 0384	
Treatment Plan			
Patient concern 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.			
Short term goals Work on breathing techniques, and stabilize emotion regulation.			
Long term goals Exposure therapy to increase ability to partake in social situations of all forms			
Current sleeping patterns Regular 8 hours			
Current exercise patterns Hockey practice twice a week.			
Medications Currently none - advised to recieve prescription Lorazepam 1mg			
Interventions 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.			
Clinician Name Olivia Harris	Clinician Designation Dr.	Clinician Signature 	Date 11.01.2023

Sample Treatment Plans

Terry C. Jones



Sample Treatment Plans:

The Top Books of the Year Sample Treatment Plans The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have enthralled audiences this year. Sample Treatment Plans : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you guessing until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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