

# Conduct Disorder Treatment Plan

Patient information	
Name: Ellie Smith	Date of birth: 03/15/2010
Medical record number: 987654	Date: 12/16/2024
Presenting problem/reason for referral:	
Ellie has been referred for evaluation and treatment due to persistent behavioral challenges, including frequent aggression, defiance toward authority figures, and violations of social norms both at home and school. These behaviors have been disruptive to her relationships and daily functioning.	
Diagnostic impressions:	
Ellie meets the diagnostic criteria for Conduct Disorder, as outlined in the DSM-5, characterized by repetitive and persistent patterns of behavior violating the rights of others or age-appropriate social rules.	
Goals and objectives	
Short-term goals	Long-term goals
Develop an understanding of acceptable social behaviors and consequences of actions through therapy sessions within the next three months. Reduce the frequency of aggressive outbursts by 25% through the implementation of behavioral management strategies.	Achieve sustained behavioral improvements that foster positive relationships with family, peers, and school staff. Successfully integrate coping mechanisms to manage anger and frustration over the next 12 months.
Interventions	
Cognitive-Behavioral Therapy (CBT): Focus on improving impulse control, empathy, and problem-solving skills. Family Therapy: Engage family members to strengthen communication and provide consistent reinforcement of appropriate behaviors. Behavioral Contracting: Develop and implement a behavior plan with clear expectations, rewards, and consequences. Social Skills Training: Role-playing exercises to teach Ellie how to interact with peers and authority figures constructively.	
Support system	
Parents: Jennifer and Mark Smith, who will actively participate in family therapy and support behavioral goals at home. School Counselor: Ms. Lauren Green, providing updates on Ellie's progress and collaborating on interventions. Community Mentor Program: Enroll Ellie in a mentoring program to offer positive role modeling and constructive activities.	

# Sample Iep Goals For Conduct Disorder

**CO Houle**



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