

Sample Treatment Plan

Patient Name: Jane Schwartz

Date of Birth: 01/01/1990

Diagnosis: Generalized Anxiety Disorder (F41.1), Major Depressive Disorder (F32.1)

Treatment Plan Date: 04/11/2023

Next Review Date: 08/11/2023

1. Goal 1

(Enter broad, long-term targets for overall health, well-being, or improvement in specific conditions.)

Reduce symptoms of anxiety and improve overall emotional well-being

1. Objective 1.1:

Practice deep breathing and progressive muscle relaxation techniques daily for 10 minutes

Intervention:

Teach deep breathing and progressive muscle relaxation techniques during therapy sessions

Target Completion Date:

04/25/2023

2. Objective 1.2:

Identify and challenge irrational thoughts contributing to anxiety on a weekly basis

Intervention:

Utilize cognitive restructuring techniques during therapy sessions and encourage journaling to track thought patterns

Target Completion Date:

05/08/2023

Sample Treatment Plans With Objectives

**David J. Berghuis,Bradford
Bogue,Anjali Nandi**



Sample Treatment Plans With Objectives:

The Complete Anxiety Treatment and Homework Planner David J. Berghuis, 2004-05-10 Utilizing the methodology of the bestselling PracticePlanners series The Complete Anxiety Treatment and Homework Planner provides an all in one resource for treating anxiety and anxiety related disorders saving time and paperwork while allowing you the freedom to develop established and proven treatment plans for adults children adolescents and other subgroups and populations Includes a wide range of behavioral definition statements describing client symptoms as well as 25 customizable homework and activity assignments to be used during treatment Provides long term goals short term objectives and recommended interventions as well as DSM IV TRTM diagnostic suggestions associated with each presenting problem Ready to copy exercises cover the most common issues encountered by a wide range of client groups struggling with anxiety and anxiety related disorders A quick reference format the interactive assignments are grouped by patient type such as employee school based child adolescent addicted adult acute inpatient and more Expert guidance on how and when to make the most efficient use of the exercises Includes access to ancillary Web site with downloadable resources including sample treatment plans and customizable homework exercises

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

The Couples Psychotherapy Treatment Planner, with DSM-5 Updates K. Daniel O'Leary, Richard E. Heyman, David J. Berghuis, 2015-01-07 This timesaving resource features Treatment plan components for 35 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 Couples Psychotherapy 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 New chapters on Internet sexual use retirement and parenthood strain Organized around 35 behaviorally based presenting problems including jealousy midlife crisis parenting conflicts and sexual dysfunction 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 Couples Psychotherapy Progress Notes Planner Second Edition and Couples 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

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

The Complete Adult Psychotherapy Treatment Planner David J. Berghuis, L. Mark Peterson, Timothy J. Bruce, 2014-01-28 A time saving resource fully revised to meet the changing needs of mental health professionals The Complete Adult 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 anger control problems low self esteem phobias and social anxiety Organized around 43 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more 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 or DSM 5 diagnosis 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

[The Parenting Skills Treatment Planner, with DSM-5 Updates](#) David J. Berghuis, Sarah Edison Knapp, 2015-07-31 This timesaving resource features Treatment plan components for 31 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions A step by step guide to writing treatment plans that meet the requirements of most insurance companies and third party payors The Parenting Skills 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 A critical tool for mental health professionals addressing today s complex family structures and the increased pressures on children and adolescents from school peers and the general culture Saves you hours of time

consuming paperwork yet offers the freedom to develop customized treatment plans for parents and other caregivers Organized around 31 main presenting problems with a focus on giving parents the skills they need to effectively help their children navigate contemporary issues such as the trauma associated with divorce school pressures and sexual abuse 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 Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA JCAHO and NCQA

The Probation and Parole Treatment Planner, with DSM 5 Updates David J. Berghuis,Bradford Bogue,Anjali Nandi,2012-03-05 This timesaving resource features Treatment plan components for 30 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 Probation and Parole 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 clients on parole or probation Organized around 30 main presenting problems from probation parole noncompliance and vocational deficits to violent aggressive behavior and childhood trauma abuse and neglect 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 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

The Group Therapy Treatment Planner, with DSM-5 Updates David J. Berghuis,Kim Paleg,2015-03-16 This fully revised resource features Treatment plan components for 33 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 Group 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 review agencies A critical tool for mental health professionals developing formal treatment plans for working with a variety of groups New edition features expanded coverage and outlines entirely new areas including utilizing group therapy to treat panic agoraphobia PTSD trauma adult ADHD obsessive compulsive disorder and borderline personality disorder Streamlined interventions and fully updated language make this edition easier to use and more clinically applicable Saves you hours of time consuming paperwork yet offers the freedom to develop customized treatment plans Organized around 33 main presenting problems

with a focus on applying a group therapy approach to a wide variety of disorders 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 Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA JCAHO and NCQA Diagnosis and Treatment Planning in Counseling Linda Seligman,2011-06-27 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 Statistic 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 **The Family Therapy Treatment Planner, with DSM-5 Updates, 2nd Edition** Frank M. Dattilio,David J. Berghuis,Sean D. Davis,2014-12-22 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

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

The Social Work and Human Services Treatment Planner, with DSM 5 Updates John S. Wodarski, 2012-03-05 This timesaving resource features Treatment plan components for 32 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 Social Work and Human Services 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 to address clients psychological and environmental problems and issues Organized around 32 main presenting problems from family violence and juvenile delinquency to homelessness chemical dependence physical cognitive disability sexual abuse and more 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-5 diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payers and accrediting agencies including TJC and NCQA

The Older Adult Psychotherapy Treatment Planner, with DSM-5 Updates, 2nd Edition Deborah W. Frazer, Gregory A. Hinrichsen, David J. Berghuis, 2014-12-15 This timesaving resource features Treatment plan components for 30 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 Older Adult Psychotherapy 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 payers and state and federal agencies New edition features empirically supported evidence based treatment interventions Organized around 30 behaviorally based presenting problems including depression unresolved grief life role transition and substance abuse 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

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 Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice 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

The Co-Occurring Disorders Treatment Planner, with DSM-5 Updates David J. Berghuis, Jack Klott, 2016-03-14 This timesaving resource features Treatment plan components for 25 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 Co Occurring Disorders 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 A critical tool for mental health professionals treating patients coping simultaneously with mental illness and serious substance abuse Saves you hours of time consuming paperwork yet offers the freedom to develop customized treatment plans Organized around 25 main presenting problems with a focus on treating adults and adolescents with alcohol drug or nicotine addictions and co occurring disorders including depression PTSD eating disorders and ADHD 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 Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA JCAHO and NCQA

Evidence-Based Psychotherapy Treatment Planning Workbook David J. Berghuis, Timothy J. Bruce, 2010-06-01 With the need for patients to receive care that is proven effective arises as well the need to train mental health practitioners in the latest in Evidence Based Practice EBP Evidence Based Psychotherapy Treatment Planning DVD Workbook covers the most common DSM IV TR disorders and other presenting problems This workbook demonstrates the techniques and treatment interventions covered in the DVD sold separately Staff are guided in their implementation of the interventions with their clients Ideal for training mental health professionals at any level

DSM in Action Sophia F. Dziegielewska, 2025-10-20 An updated clinical resource for mental health professionals diagnosing assessing and treating mental health disorders in patients In DSM V TR In Action clinician and researcher Sophia F Dziegielewska delivers an up to date and accurate practice resource for mental health professionals applying the DSM V TR to diagnose and assess patients The author introduces the major diagnostic assessment schemes used in the profession and offers comprehensive diagnostic information for each selected category of disorder The book is packed with hands on easy to access resources including explanations of diagnostic criteria real world case examples

and a wealth of treatment plans you can apply in your own practice You ll also find explorations of the most significant changes between the DSM 5 and the DSM 5 TR as well as Updated information to match the wording changes implemented in the DSM 5 TR New treatment plans in the Appendix section Contemporary application principles relating to the psychopathologies covered in the DSM 5 TR Perfect for mental health practitioners like social workers school counselors marriage and family therapists and psychologists DSM V TR is also a must read for trainees preparing for mental health licensure exams and graduate students studying psychopathology abnormal psychology and mental health diagnosis and treatment

DSM-5-TR in Action Sophia F. Dziegielewska,2025-12-04 An updated clinical resource for mental health professionals diagnosing assessing and treating mental health disorders in patients In DSM V TR In Action clinician and researcher Sophia F Dziegielewska delivers an up to date and accurate practice resource for mental health professionals applying the DSM V TR to diagnose and assess patients The author introduces the major diagnostic assessment schemes used in the profession and offers comprehensive diagnostic information for each selected category of disorder The book is packed with hands on easy to access resources including explanations of diagnostic criteria real world case examples and a wealth of treatment plans you can apply in your own practice You ll also find explorations of the most significant changes between the DSM 5 and the DSM 5 TR as well as Updated information to match the wording changes implemented in the DSM 5 TR New treatment plans in the Appendix section Contemporary application principles relating to the psychopathologies covered in the DSM 5 TR Perfect for mental health practitioners like social workers school counselors marriage and family therapists and psychologists DSM V TR is also a must read for trainees preparing for mental health licensure exams and graduate students studying psychopathology abnormal psychology and mental health diagnosis and treatment

DSM-5 in Action Sophia F. Dziegielewska,2014-09-24 Full exploitation of the DSM 5 allows for more comprehensive care By demystifying the DSM 5 author Sophia Dziegielewska goes beyond the traditional diagnostic assessment and suggests both treatment plans and practice strategy She covers the changes in criteria to the DSM 5 and what those changes mean for mental health professionals This resource has been updated to include New and updated treatment plans All treatment plans interventions strategies applications and practice implications are evidence based Instructions on doing diagnostic assessments and differential diagnosis using the DSM 5 Changes to coding and billing using the DSM 5 and ICD 10 The book includes robust tools for students instructors and new graduates seeking licensure DSM 5 in Action makes the DSM 5 accessible to all practitioners allowing for more accurate comprehensive care

The Addiction Progress Notes Planner Arthur E. Jongsma, Jr.,David J. Berghuis,2015-03-20 Save hours of time consuming paperwork The Addiction Progress Notes Planner Fifth Edition provides prewritten session and patient presentation descriptions for each behavioral problem in the Addiction Treatment Planner Fifth 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 44 behaviorally based presenting problems including depression gambling nicotine abuse dependence chronic pain and eating disorders 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 5 diagnostic categories in The Addiction Treatment Planner Fifth Edition Offers sample progress notes that conform to the latest ASAM guidelines and meet the requirements of most third party payors and accrediting agencies including CARF TJC COA and the NCQA Incorporates new progress notes language consistent with Evidence Based Treatment Interventions

The Personality Disorders Treatment Planner:
Includes DSM-5 Updates Neil R. Bockian, Julia C. Smith, Arthur E. Jongsma, Jr., 2016-02-23 Approaching personality disorders with evidence based treatment plans The Personality Disorders Treatment Planner 2nd Edition is fully updated to meet the changing needs of the mental healthcare field A time saver for psychologists counselors social workers psychiatrists and other mental health professionals this new edition offers the tools you need to develop formal treatment plans that meet the demands of HMOs managed care companies third party payors and state and federal agencies Organized around twenty six presenting problems the easy to use format and over 1 000 prewritten symptom descriptions treatment goals objectives and interventions makes the task of developing an evidence based treatment plan more efficient than ever The treatment of mental health disorders is rapidly evolving and new evidence based protocols are being adopted by federal and state organizations You are now required to closely monitor patient progress and you may feel pressure to stick to standardized care and reporting procedures however you can only do so if you have access to the latest in evidence based treatment plans Updated with new and revised evidence based Objectives and Interventions Integrated DSM 5 diagnostic labels and ICD 10 codes into the Diagnostic Suggestions section of each chapter Many more suggested homework assignments integrated into the Interventions An Appendix demonstrates the use of the personality disorders Proposed Dimensional System of DSM 5 Expanded and updated self help book list in the Bibliotherapy Appendix Revised expanded and updated Professional Reference Appendix New Recovery Model Appendix D listing Objectives and Interventions allowing the integration of a recovery model orientation into treatment plans

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