

# 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

**Linda Seligman**



## **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

**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

**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

**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 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

**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 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](http://www.wiley.com/practiceplanners)

**Fundamentals of Crisis Counseling** Geri Miller, 2011-09-23 An indispensable handbook for assisting clients in crisis and in their journey toward healing Integrating practical training with both research and theory Fundamentals of Crisis Counseling offers students and professionals proven hands on techniques to assist clients in recovery from crisis and towards an eventual return to their day to day lives Written in the author's gentle yet purposeful voice this reader friendly guide is filled with lessons on current evidence based counseling how to operate as a client stress manager and information on finding resources that facilitate client resilience In addition the author helps counselors improve counseling effectiveness by gaining a better understanding of their own strengths and weaknesses and emphasizes the importance of self care Stemming from the author

s thirty five years of experience as a crisis counselor this book contains valuable information on Crisis theory and intervention models Concepts techniques assessment and treatment for disaster mental health work Legal and ethical concerns regarding working with individuals groups couples and families Assessment and instrument selection Main concepts and techniques of brief therapy motivational interviewing stages of change positive psychology grief therapy client resilience and spirituality Multicultural crisis counseling techniques centered on age gender sexual orientation and ethnicity Counselor self care complete with case studies and examples Ideal for all mental health professionals looking for guidance on best practices in crisis counseling this book is also suitable for training professionals and counseling students The book includes access to an online instructor s test bank PowerPoint slides and syllabi in line with 2009 Council for Accreditation of Counseling and Related Educational Programs CACREP standards Fundamentals of Crisis Counseling imparts useful knowledge on little utilized crisis counseling abilities preparing counselors at every stage to effectively respond to the immediate and lasting affects of crisis

**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

Interpretation of Bloodstain Evidence at Crime Scenes, Second Edition William G. Eckert, Stuart H. James, 1998-07-14 As witnessed in landmark criminal cases the quality and integrity of bloodstain evidence can be a crucial factor in determining a verdict Since the first edition of Interpretation of Bloodstain Evidence at Crime Scenes was published nearly a decade ago bloodstain pattern interpretation has continued to grow as a branch of forensic science Revised and updated to reflect new technology and developments in the field the second edition is packed with new information and illustrations including 421 photographs and diagrams of improved quality that will aid in interpretation of evidence Expanding on a single chapter presented in the bestselling first edition the second edition details in four chapters an introduction to bloodstain interpretation low velocity impact and angular considerations medium and high velocity impact and the significance of partially dried clotted aged and physically altered bloodstains in four new chapters A full chapter on the detection of blood with luminol featuring high quality full color photographs of luminol reactions has been added This new edition also includes 12 new case studies in addition to 8 original case studies from the first edition that have been retained for their interpretative value Everyone involved in crime scene evaluation and interpretation law enforcement officers criminologists medical examiners forensic pathologists medicolegal personnel and prosecutors and defense attorneys will benefit from the improved and expanded second edition of this definitive reference

*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 payors 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](http://www.wiley.com/practiceplanners)

The Parenting Skills Treatment Planner, with DSM-5 Updates David J. Berghuis, Sarah Edison Knapp, 2015-03-16 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      *Clinical Methods and Practicum in Speech-Language Pathology, Seventh Edition* M.N. Hegde, 2023-11-29 With major content updates and enhanced supporting online materials the seventh edition of *Clinical Methods and Practicum in Speech Language Pathology* remains an essential resource for students in speech language pathology who are about to begin their clinical practicum The text is a comprehensive source of information that will help establish clear expectations for both student clinicians and clinical supervisors It is hoped that students who read this book prior to starting their clinical practicum will be better prepared to meet the exciting and yet often challenging task of providing ethical and effective services to children and adults with communication disorders Readers will gain an understanding of the structure of different clinical practicum sites principles of ethical practices conduct behavior and competencies expected of them justifiable expectations of their clinical supervisors and the many fundamental principles of assessment and intervention across most disorders of communication The book is divided into two sections clinical practicum and clinical methods in speech language pathology These sections provide coverage of the structural and functional aspects of clinical practicum in a variety of settings The author emphasizes that clinical practicum is an exciting learning experience The students will understand what is expected of them in each setting and what they can expect from their clinical supervisors An overview of treatment methods that apply across disorders is also included New to the Seventh Edition Two new chapters Chapter 5 on assessment which includes a sample assessment report Chapter 6 on clinical reports treatment plans and data documentation The clinical methods sections include new and expanded information on assessment target behaviors and treatment strategies for all disorders of communication The section on clinical practicum in public schools has been expanded to reflect the current guidelines and practices Infused multicultural issues into all relevant chapters and consequently eliminated a separate chapter on the topic Updated information on ASHA s new or current requirements and guidelines for clinical practicum and certification in speech language pathology Expanded and updated ASHA guidelines on telepractice Summary of ASHA s latest position on the qualifications of clinical supervisors Information on the qualifications and scope of practice of speech language pathology assistants in various settings Added chapter summary questions so students can assess their understanding of the material Key Features Outlines open each chapter and provide a summary of the key topics A comprehensive glossary allows readers to easily find and define important terms or concepts Bulleted and boxed information for easy access Disclaimer Please note that ancillary content such as printable forms and reports are not included as in the original print version of this work

*The Special Education Treatment Planner* Julie A. Winkelstern, David J. Berghuis, 2001-08-01 The *Special Education Treatment Planner* provides all the elements necessary to quickly and easily develop formal education treatment plans that take the educational professional a step further past the writing of goals for Individualized Education Plans IEPs The educational treatment plan process assists the professional in identifying interventions and communicating to others the



specific method means format and or creative experience by which the student will be assisted in attaining IEP goals Offers the freedom to develop customized educational treatment plans for children and adolescents who have special learning needs Organized around 29 main educational disabilities from learning disabilities and emotional mental impairment to ADHD chronic health issues autism and others Over 1 000 well crafted clear statements describe the behavioral manifestations of each educational disability long term goals short term objectives and educational interventions Easy to use reference format helps locate educational treatment plan components by disability

*The Professional Counselor's Desk Reference* Mark A. Stebnicki, Irmo Marini, 2008-11-11 Named an Outstanding Academic Title for 2009 by Choice Marini and Stebnicki both professors and scholars in rehabilitation counseling have compiled an extremely useful and practical counseling resource covering a variety of topics Undergraduates graduate students and new counselors will find this a valuable tool This unique volume is a great addition for college and university libraries Highly recommended Choice An excellent resource for the counseling student as well as the practicing counselor It is well written and comprehensive without being overwhelming A must for every counselor s and future counselor s library Donna Falvo PhD CRC Professor The University of North Carolina at Chapel Hill Medical School I found the chapters to be well written organized in a clear manner and presented in a balanced way This is a reference work that people will want to keep Gerald Corey EdD ABPP Professor California State University From the Foreword The Professional Counselor s Desk Reference PCDR is the first resource of its kind serving as an authoritative guide for both pre professionals working towards counselor licensure and certification as well as seasoned counselors counselor educators clinical supervisors psychologists and social workers Drs Marini and Stebnicki present this quick user friendly desk reference guide based on the core content and knowledge areas outlined in both the Council for Accreditation of Counseling and Related Education Programs CACREP and Council on Rehabilitation Education CORE accreditation standards With contributions from 95 experts in counselor education research and practice this book includes

- Bulleted how to strategies for working with clients under various models in counseling and psychology
- Easy to read tables graphics and figures to capture a holistic picture of specific client issues
- Guidelines for conducting interviews and assessments with culturally diverse clients as well as treatment protocols that suggest evidence based practices
- Discussions on counselor impairments such as empathy fatigue and developing a plan of self care to prevent counselor burnout
- A comprehensive self exam of 323 multiple choice items based on the CORE CACREP core content and knowledge areas for counselor education and training

This invaluable reference guide is the most current source related to professional counseling issues ethics theories and practices Marini and Stebnicki provide a wide range of culturally diverse treatment approaches that will expand the counseling profession s knowledge awareness and skills

**The Clinical Documentation Sourcebook** Donald E. Wiger, 2005-03-04 All the forms handouts and records mental health professionals need to meet documentation requirements The paperwork required when providing mental health services continues to mount Keeping

records for managed care reimbursement accreditation agencies protection in the event of lawsuits and to help streamline patient care in solo and group practices inpatient facilities and hospitals has become increasingly important This updated and revised Third Edition provides you with a full range of forms checklists and clinical records essential for effectively and efficiently managing your practice From intake to diagnosis and treatment through discharge and outcome assessment The Clinical Documentation Sourcebook Third Edition offers sample forms for every stage of the treatment process Greatly expanded from the second edition the book now includes twenty six fully completed forms illustrating the proper way to fill them out as well as fifty two ready to copy blank forms The included CD ROM also provides these forms in Word format so you can easily customize them to suit your practice With The Clinical Documentation Sourcebook Third Edition you ll spend less time on paperwork and more time with clients Includes documentation for child family and couples counseling Updated for HIPAA compliance as well as to reflect the latest JCAHO and CARF regulations New focus on clinical outcomes supports the latest innovations in evidence based practice

**Chemical Dependency Counseling** Robert R. Perkinson, 2021-10-14 Helping individuals recover from addiction is one of the most rewarding professions in the world Chemical Dependency Counseling A Practical Guide is the most comprehensive text written for those counselors and professionals who work with or plan to work with clients struggling with chemical dependency in a variety of settings Following the model of twelve step programs providing a ground up introduction to guide the counselor through treatment from A to Z and can be used as a core text for courses in addiction or substance abuse counseling Author Robert R Perkinson presents state of the art tools necessary to deliver outstanding treatment and meet the highest standards demanded by accrediting bodies This 6th edition continues to outline the best evidence based treatment in the world with a concentration on the following cognitive behavioral therapy motivational enhancement medication assisted treatment skills training and 12 step facilitation

Group Therapy Homework Planner Louis J. Bevilacqua, David J. Berghuis, 2016-07-05 Help clients in group therapy develop the skills they need to work through problems Group Therapy Homework Planner provides you with an array of ready to use between session assignments designed to help clients in group therapy This easy to use sourcebook features 79 ready to copy exercises covering the most common issues encountered in group therapy A quick reference format the interactive assignments are grouped by behavioral problem such as anxiety bulimia chemical dependence and depression Expert guidance on how and when to make the most efficient use of the exercises Assignments that are cross referenced to The Group Therapy Treatment Planner so you can quickly identify the right exercise for a given situation or behavioral problem Downloadable content that contains all the exercises in a word processing format allowing you to customize them to suit you and your clients unique styles and needs

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