

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

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