

# 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

**K. Daniel O'Leary, Richard E.  
Heyman, David J. Berghuis**



## **Sample Treatment Plans With Objectives:**

**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 Progress Notes Planner** Arthur E. Jongsma, Jr., David J. Berghuis, 2011-04-06 The Couples Psychotherapy Progress Notes Planner Second Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Couples Psychotherapy Treatment Planner Second 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 35 behaviorally based presenting problems including loss of love and affection depression due to relationship problems jealousy job stress financial conflict sexual dysfunction blame and intimate partner violence 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 IV TRTM diagnostic categories in The Couples Psychotherapy Treatment Planner Second Edition Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Presents new and updated information on the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA

**The Family Therapy Progress Notes Planner** Arthur E. Jongsma, Jr., David J. Berghuis, 2010-07-06 The Bestselling treatment planning system for mental health professionals The Family Therapy Progress Notes Planner Second Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Family Therapy Treatment Planner Second 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 40 behaviorally based presenting problems including family of origin interference depression in family members divorce financial conflict adolescent and parent hostility friction within blended families traumatic life events and dependency issues 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 IV TRTM diagnostic categories in The Family Therapy Treatment Planner Second Edition Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Presents new and updated information on the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA

*The Juvenile Justice and Residential Care Treatment Planner, with DSM 5 Updates* William P.

McInnis, Wanda D. Dennis, Michell A. Myers, Kathleen O'Connell Sullivan, 2015-08-21 This timesaving resource features Treatment plan components for 28 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 Juvenile Justice and Residential Care 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 for juvenile clients Organized around 28 main presenting problems from depression and abandonment issues to truancy substance abuse family instability and others Over 1 000 well crafted clear statements describe the behavioral manifestations of each relational problem long term goals short term objectives and educational interventions Easy to use reference format helps locate treatment plan components by behavioral problem or DSM 5TM diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payers and accrediting agencies including HCFA TJC and NCQA Family Therapy Homework Planner Louis J. Bevilacqua, Frank M. Dattilio, David J. Berghuis, 2016-03-14 Contains 78 ready to copy homework assignments that can be used to facilitate family therapy Homework assignments and exercises are keyed to the behaviorally based presenting problems from The Family Therapy Treatment Planner Second Edition Assignments are available online for quick customization Features new and updated assignments and exercises to meet the changing needs of mental health professionals The Family Therapy Homework Planner Second Edition provides you with an array of ready to use between session assignments designed to fit virtually every therapeutic mode This easy to use sourcebook features New and updated homework assignments consistent with evidence based therapies and grouped by presenting problems including adoption communication issues interracial family problems sexual abuse and school concerns 78 ready to copy exercises covering the most common issues encountered by families in therapy such as family of origin interference depression in family members divorce financial conflict adolescent and parent conflicts traumatic life events and dependency issues Expert guidance on how and when to make the most efficient use of the exercises Assignments that are cross referenced to The Family Therapy Treatment Planner Second Edition so you can quickly identify the right exercise for a given situation or problem All exercises are available online for you to download and customize to suit you and your clients unique styles and needs For more information on our Practice Planners products including our full line of Treatment Planners visit us on the Web at [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners) *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)

The Veterans and Active Duty Military Psychotherapy Treatment Planner Bret A. Moore, David J. Berghuis, 2009-07-31 The Veterans and Active Duty Military Psychotherapy 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 agencies Features empirically supported evidence based treatment interventions Organized around 39 main presenting problems in treating veterans and active duty military personnel including substance abuse adjustment to killing anger management and domestic violence pre deployment stress survivors guilt and combat and operational stress reaction 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 Veterans and Active Duty Military Psychotherapy Progress Notes Planner 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

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**The Complete Depression Treatment and Homework Planner** Arthur E. Jongsma, Jr., 2004-02-26 Contains more than 1 000 prewritten goals objectives and interventions for treating depression and depression related disorders Includes clinically proven ready to copy homework exercises and assignments Sample treatment plans and customizable exercises may be easily downloaded online at [www.wiley.com/go/completeplanners](http://www.wiley.com/go/completeplanners) The Bestselling treatment planning system for mental health professionals Utilizing the methodology of the bestselling PracticePlanners series The Complete Depression Treatment and Homework Planner provides an all in one resource for treating clinical depression 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 over 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 TR TM diagnostic suggestions associated with each presenting problem Ready to copy exercises cover the most common issues encountered by a wide range of client groups suffering from depression A quick reference format the interactive assignments are grouped by patient type such as employee spouse 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 Additional resources in the PracticePlanners series For more information on our PracticePlanners products including our full line of Treatment Planners and Homework Planners visit us on the Web at [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners) The Complete series of books combine our bestselling Treatment Planners and Homework Planners into one easy to use all in one resource for mental health professionals treating clients suffering from a wide range of disorders Treatment Planners cover all the necessary elements for developing formal treatment plans including detailed problem definitions long term goals short term objectives therapeutic interventions and DSM TM diagnoses

*The Severe and Persistent Mental Illness Treatment Planner* David J. Berghuis, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2014-12-22 This timesaving resource features Treatment plan components for 31 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 Severe and Persistent Mental Illness 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 31 main presenting problems including employment problems family conflicts financial needs homelessness intimate relationship conflicts and social anxiety 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 Severe and Persistent Mental Illness Progress Notes 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 COA and NCQA Additional resources in the PracticePlanners series Progress Notes Planners contain complete prewritten progress notes for each presenting problem in the companion Treatment Planners Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice 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 Addiction Treatment Planner Robert R. Perkinson, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2022-03-29 Clarify simplify and accelerate the treatment planning process so you can spend more time with clients The Addiction Treatment Planner Sixth 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 This valuable resource contains treatment plan components for 48 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more You ll save hours by speeding up the completion of time consuming paperwork without sacrificing your freedom to develop customized treatment plans for clients This updated edition includes new and revised evidence based objectives and interventions new online resources expanded references an expanded list of client workbooks and self help titles and the latest information on assessment instruments In addition you ll find new chapters on some of today s most challenging issues Opioid Use Disorder Panic Agoraphobia Loneliness and Vocational Stress New suggested homework exercises will help you encourage your clients to bridge their therapeutic work to home Quickly and easily develop treatment plans that satisfy third party requirements Access extensive references for treatment techniques client workbooks and more Offer effective and evidence based homework exercises to clients with any of 48 behaviorally based presenting problems Enjoy time saving

treatment goals objectives and interventions plus space to record your own customized treatment plan This book's easy to use reference format helps locate treatment plan components by presenting behavioral problem or DSM 5 diagnosis Inside you'll also find 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 Additction Treatment Planner Sixth Edition will liberate you to focus on what's really important in your clinical work     The Group Therapy Treatment Planner Kim Paleg, David J. Berghuis, 2011-01-07 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 or DSM IV TR diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including HCFA JCAHO and NCQA

*Brief Treatment in Clinical Social Work Practice* Maria D. Corwin, 2002 Author Maria Corwin offers a text that addresses the current concerns that professionals may have regarding shorter treatment programs As stated in her preface her goal is to help students and clinical workers gain a sense of competency and confidence in doing time limited work     Family therapy treatment planner Frank Dattilio, 2014     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



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**Neuropsychiatric Institute, Inc** New York (State). State Commission on Quality of Care for the Mentally Disabled,1996

The Family Therapy Treatment Planner Frank M. Dattilio,Arthur E. Jongsma, Jr.,2000-05 Activity Family Imbalance Adolescent Parent Conflicts Adoption Issues Alcohol Abuse Anger Management Anxiety Blame Blended Family Problems Child Parent Conflicts Communication Compulsive Behaviors Death of a Child Death of a Parent Dependency Issues Depression in Family Members Disengagement Loss of Family Cohesion Eating Disorder Extrafamilial Sexual Abuse Family Activity Disputes Family Business Conflicts Family Member Separation Family of Origin Interference Financial Changes Geographic Relocation Incest Survivor Infidelity Inheritance Disputes between Siblings Interracial Family Problems Intolerance Defensiveness Jealousy Insecurity Life Threatening Chronic Illness Multiple Birth Dilemmas Physical Verbal Psychological Abuse Religious Spiritual Conflicts Separation Divorce Sexual Orientation Conflicts Traumatic Life Events Unwanted Unplanned Pregnancy     **The Psychotherapists' Guide to Managed Care in the 21st Century** Sondra Tuckfelt,Jeri Fink,Muriel Warren,1997-05 This work covers the theory and practice of short term therapy The text deals with patient confidentiality outlines specific psychotherapeutic techniques with alternatives and provides sample forms for patient files and treatment reports as well as highlighting incidents of managed care abuse     **The Couples Psychotherapy**

**Treatment Planner** K. Daniel O'Leary,Richard E. Heyman,David J. Berghuis,2010-12-22 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

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