

EXAMPLE---TREATMENT PLAN

1. PROBLEM:

311 (F32.9) Unspecified Depression Disorder

2. PROBLEM DEFINITION:

Client stated she has lost all hope; she feels there is no joy in her life. She does not want to get out of bed; she does not have the motivation to clean the house or care for her children. She has no appetite and does not bathe. She feels her family would be better off without her.

3. STRENGTHS:

Bright; articulate

4. WEAKNESSES:

Co-dependent; enabler

5. GOALS:

Relieve the symptoms of depression

6. STRATEGIES OR INTERVENTIONS:

Referral to psychiatrist to assess need for antidepressant meds; assist client in identifying life changes.

7. TYPE OF COUNSELING:

Individual counseling; 1 Xs weekly