TREATMENT PLAN OUTLINE

1. PROBLEM:

DSM-IV Diagnosis

2. PROBLEM DEFINITION:

Only connected to DSM-IV diagnosis. Why is the client there?

3. STRENGTHS AND WEAKNESSES:

Examples of Strengths: articulate
empathetic
bright

Examples of Weaknesses: enabler
co-dependent
people-pleaser

4. GOALS:

Outcome from counseling.

5. STRATEGIES OR INTERVENTIONS:

Examples: cognitive behavior
referral to N/A
referral to ACOA
referral to A/A
relaxation
role-playing
desensitization
assist client in identifying life changes
rehearsal to refuse high risk situations

6. TYPE OF COUNSELING:

Example: Group Counseling _____ Xs weekly
Couples Counseling _____ Xs weekly
Individual Counseling _____ Xs weekly
and so forth.

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