OUTLINE---TREATMENT PLAN

1. PROBLEM:

   DSM-5 Diagnosis

2. PROBLEM DEFINITION:

   Explain in client’s own words why they are there. Refer to DSM-5 diagnosis.

3. STRENGTHS:

   Examples of Strengths: articulate, empathetic, bright

4. WEAKNESSES:

   Examples of Weaknesses: enabler, co-dependent, people-pleaser

5. GOALS:

   Outcome from counseling

6. 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

7. TYPE OF COUNSELING:

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