Sample Treatment Plan

The treatment plan is a “living” document that drives services provided to the client and gives clear direction on the planned course of treatment. It is living because it changes with the changing needs of the individual. As the client accomplishes goals or identifies new issues, the treatment plan should be updated to reflect these changes.

Initial treatment plans should be developed during the first session. We recommend updating the treatment plan as often as needed based on the client’s progress and therapeutic needs related to their condition. Treatment plans are non-billable.

A sample completed treatment plan of our fictitious client, Jordan, is provided below.

**Treatment Plan**

<table>
<thead>
<tr>
<th>Type of Treatment Plan</th>
<th>☒ Initial</th>
<th>Please select “Update” as the type of treatment plan when documenting changes to the initial plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Area(s) of focus (check all that apply):</td>
<td>☒ Mental health/psychiatric</td>
<td>☒ Substance use or misuse</td>
</tr>
</tbody>
</table>

Presenting problem: Client is experiencing sadness, fatigue, anhedonia, depression and increased alcohol use impacting work and interpersonal relationships. Symptoms have persisted for more than 6 months following a break up with a boyfriend.

Treatment Goal #1: “I want to decrease my depression so that I won't have problems at work and can enjoy my life again.”

Objectives for Goal #1: Client will learn at least two new ways to cope with stressors AEB a decrease in feelings of burden on others.

Complete mutually agreed upon homework activities at least 50% of the time over the next four sessions.

For the Objectives: Include smaller steps that the client agrees to work on to accomplish their goal(s). Objectives should be specific, measurable, and realistic with estimated time frames for completion. You may use the client’s words or your own.
Treatment Goal #2: **Explore impact of drinking on life and potential for change.**

Objectives for Goal #2:

- Attend court hearing for DWI/DUI in November and successfully follow legal recommendations as directed and on time.

- Over the next month, journal mood and depressive symptoms at least 5 days a week to identify patterns and triggers for alcohol use.

**Interventions**

Describe the modalities, services, approaches, techniques, tools, and/or practices you will use.

Therapeutic approaches will include Motivational Interviewing, CBT, and DBT delivered via telehealth. Homework activities to be completed outside of therapy sessions will be discussed with the client each week and resources such as web links, apps, & exercises will be shared.

**Plan**

Weekly 1:1 psychotherapy. Will re-evaluate treatment progress and adjust goals as needed after one month or 4th session.

The client actively participated in developing this treatment plan  Yes