

Treatment Plan Sample

Patient Name: John Smith

Date of Treatment Plan: 10/17/2021

Annual Update: 10/17/2022

Diagnosis (code & name):

F34.1 Persistent Depressive Disorder

Chief complaint/presenting problem:

Mr. Smith is a 35 year old cisgender biracial male presenting with concerns related to his partner and relationship, as well experiencing symptoms of depression which impact his daily life.

Risk assessment (SI, HI, DV, unsafe environment):

John denied current suicidal or homicidal ideation and denied history of domestic violence

Medications (name and dosage):

None

Substance use:

Daily use of alcohol and tobacco

Long term goal #1:

Improved sleep hygiene

“I want to sleep more hours a night and not stay awake for hours”

Short term goals/objectives:

- John will learn about good sleep hygiene routine and identify two behaviors to implement in his nightly routine
- John will implement two behaviors to improve sleep hygiene routine 3 of 5 nights a week. He will track this using the provided sleep log.

Interventions:

- Individual therapy with therapist and John to discuss psychoeducation about sleep hygiene and learn CBT techniques to address sleep challenges.

Long term goal #2:

Improve communication skills

“I want to talk with people without yelling and losing my cool.”

Short term goals/objectives:

- John will learn 10 positive communication skills in therapy sessions
- John will choose 2 positive communication skills to practice in his interpersonal relationships at least 4 of 7 days a week. Skills may be practiced at work and home settings.

Interventions:

- Individual therapy with therapist and John
- Therapist and John will re-evaluate the benefit of adjunct couples/partner sessions after the first 4 four individual sessions. Adjunct couples sessions to provide opportunities for communication skills to be practiced with partner.

Barriers to treatment (Y/N):

Potential barrier to treatment is finances - ability to cover copay costs. Therapist will check-in with John after the first month to assess financial stressors.

Plan (modality, frequency of sessions, duration):

John will begin with weekly individual therapy services and re-evaluate after six sessions.