

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.*