|  |
| --- |
| **Treatment Plan: Long Form 4.0** |

Date:       Client #:

Clinician Name:       Theory (if applicable):

***Modalities planned*:** [ ]  Individual Adult [ ]  Individual Child [ ]  Couple [ ]  Family [ ]  Group:

***Recommended session frequency***: [ ]  Weekly [ ]  Every two weeks [ ]  Other:

***Expected length of treatment***:       months

|  |
| --- |
| Treatment Plan with Goals and Interventions |

**Early** **Phase** **Client Goal**:Manage crisis; reduce distressing symptoms.

1.  personal/relational dynamic from theory to reducesymptom.

*Measure:* Able to sustain       for a period of      .

*Interventions:*

a.

b.

**Working Phase Client Goals**:Target individual and relational dynamics using theoretical concepts.

1. personal/relational dynamic from theory to reducesymptom.

*Measure:* Able to sustain       for a period of      .

*Interventions:*

a.

b.

2. personal/relational dynamic from theory to reducesymptom.

*Measure:* Able to sustain       for a period of      .

*Interventions:*

a.

b.

3. personal/relational dynamic from theory to reducesymptom.

*Measure:* Able to sustain       for a period of      .

*Interventions:*

a.

b.

**Closing Phase Client Goals**: Long term goals or goals set by theory’s definition of health.

1. personal/relational dynamic from theory to reducesymptom.

*Measure:* Able to sustain       for a period of      .

*Interventions:*

a.

b.

2. personal/relational dynamic from theory to reducesymptom.

*Measure:* Able to sustain       for a period of      .

*Interventions:*

a.

b.

|  |
| --- |
| Treatment Tasks |

1. Develop working therapeutic relationship using theory of choice:

*Relationship building approach/intervention:*

a.

1. Case conceptualization of individual, relational, and community dynamics using theory of choice.

*Strategies and techniques:*

a.

b.

1. Identify needed referrals, crisis issues, collateral contacts, and other client needs.

a. *Crisis assessment intervention(s):*

b. *Referral(s)*:

|  |
| --- |
| **Diversity and Equity Considerations** |

Describe how treatment plan, goals, and interventions were adapted to relevant areas of diversit*y, including: age, developmental and family life stage, cognitive and physical ability, chronic health conditions, generation, gender identity and role, sexuality, ethnicity, race, religion, economic class, profession, immigration status, geographic region, professional socialization, school culture, local and support communities, etc.:*

Describe how considerations informed treatment planning decisions; be specific:

|  |
| --- |
| **Evidence-Based Practice (Optional)** |

Summarize evidence for using this approach for this presenting concern and/or population:

|  |
| --- |
| **Client Perspective (Optional)** |

*Has treatment plan been reviewed with client*: [ ]  Yes [ ]  No; If no, explain:

*Describe areas of Client Agreement and Concern*:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_

Therapist’s Signature, Intern Status Date Supervisor’s Signature, License Date