

Client Name:

Counselor Name: David Clegg

Treatment Plan Date	Presenting Challenge
	Anxiety management and feelings identification
Goals	
1. Client will experience days that are free of general anxiety.	
2. Client will make link between their irrational thoughts and their anxiety and other undesirable feelings	
Objectives	Interventions
In 8 weeks, client will develop and implement two coping skills to reduce anxiety from seven days per week to three or fewer days a week	Counselor to employ cognitive-behavioral techniques, reflection of thoughts and feelings in session and teach diaphragmic breathing in office and assign as homework to be done prior to getting out of bed in the morning, every three hours throughout the day, and prior to going to sleep at bedtime to be done on an on-going basis. Counselor to teach and assign walking meditation as daily homework.
In 8 weeks, client will make a link between their irrational thoughts and their anxiety	Counselor to employ cognitive-behavioral techniques and assign daily thought log making the irrational thought and anxiety emotion connection
Participation in Treatment Planning Process	
Client and Counselor worked together on goal development and attainment.	
Participation by Others in the Treatment Planning Process	
Note: All participants may not have participated in every area.	
Client /Parent/Guardian Signature/Date	
Counselor Signature/Date	
Treatment Plan Review Date and Findings:	
Discharge Schedule Date:	
Aftercare Needed or Recommended:	