

Cornerstone Counseling  
10 Hillview Drive, Westerly, RI 02891

Client: \_\_\_\_\_  
DOB: \_\_\_\_\_

**TREATMENT PLAN**

**Goals**

- Reduce Risk Factors: \_\_\_\_\_
- Reduce Major Symptoms: \_\_\_\_\_
- Decrease Functional Impairments: \_\_\_\_\_
- Develop Coping Strategies: \_\_\_\_\_
- Stabilize (short term) Crisis: \_\_\_\_\_
- Identify Barriers and Resources: \_\_\_\_\_
- Increase Insight Into: \_\_\_\_\_
- Increase Personal Growth: \_\_\_\_\_
- Maintain (long term) Stabilization of Symptoms: \_\_\_\_\_
- Other: \_\_\_\_\_

**Interventions**

- Individual Therapy       Family Therapy       Group Therapy       Med Mgt
  - Assertiveness Training       Problem Solving Skills Training       Grief Work
  - Anger Management       Solution Focused Techniques       Parent Training
  - Decision Option Exploration       Affect Identification and Expression       Stress Management
  - Cognitive Restructuring       Pattern Identification and Interruption       Supportive Therapy
  - Communication Training       Self/Other Boundaries Training
  - Engage Significant Others in Treatment: \_\_\_\_\_
  - Observe and/or Correct Interaction with others \_\_\_\_\_
  - Facilitate Decision Making Regarding: \_\_\_\_\_
  - Monitor: \_\_\_\_\_
  - Teach Skills of: \_\_\_\_\_
  - Educate regarding: \_\_\_\_\_
  - Assign Readings: \_\_\_\_\_
  - Assign Tasks of: \_\_\_\_\_
  - Preventive Strategies: \_\_\_\_\_
  - Obstacles to change: \_\_\_\_\_
  - Other: \_\_\_\_\_
- Time for Goal Attainment: \_\_\_\_\_

\_\_\_\_\_  
Client or Legal Guardian

\_\_\_\_\_  
Date Completed

\_\_\_\_\_  
Marian Faller, LICSW

\_\_\_\_\_  
Date Completed