

TREATMENT PLANNING

Example Treatment Plan

Diagnosis: F41.1 – Generalized Anxiety Disorder

Presenting Problem: Client reports excessive and difficult-to-control worry across multiple areas of functioning, accompanied by symptoms such as restlessness, difficulty relaxing, irritability, sleep disturbance, muscle tension, and difficulty concentrating. Anxiety is contributing to impairment in emotional regulation, relationships, daily functioning, and/or occupational/academic functioning.

Long-Term Goal: Client will reduce the frequency and intensity of anxiety symptoms and increase the ability to effectively manage worry and physiological/emotional responses to anxiety, resulting in improved daily functioning and overall quality of life.

Short Term Goal 1: Increase Understanding of Anxiety: Client will identify and describe at least 3 common triggers, thoughts, emotions, or situations associated with their anxiety within the first 4–6 sessions.

Interventions:

- Therapist will provide psychoeducation regarding anxiety, the nervous system, and the relationship between thoughts, emotions, physical sensations, and behaviors.
- Therapist will assist client in identifying patterns and maintaining factors contributing to anxiety.
- Therapist will utilize CBT-based conceptualization to identify connections between thoughts, feelings, and behaviors.

Short Term Goal 2: Reduce Excessive Worry: Client will identify and challenge at least 2–3 anxious or distorted thought patterns per week using cognitive restructuring techniques.

Interventions:

- Therapist will utilize CBT to identify cognitive distortions and maladaptive beliefs.
- Therapist will teach cognitive restructuring, evidence examination, probability estimation, and development of balanced alternative thoughts.
- Therapist will assist client in differentiating between productive problem-solving and unproductive worry.

Short Term Goal 3: Improve Emotional and Physiological Regulation: Client will learn and demonstrate at least 3 coping strategies to manage physiological symptoms of anxiety. Client will practice at least 2 regulation strategies per week and report their effectiveness during sessions.

Interventions:

- Therapist will teach diaphragmatic breathing, grounding, progressive muscle relaxation, mindfulness, and/or other appropriate regulation strategies.
- Therapist will assist client in recognizing early physiological signs of anxiety.
- Therapist will practice regulation skills with client during sessions and develop a personalized coping plan.

If documentation requires measurement, you can document that **short term objectives are being worked towards with a success rate of at least 60%. Long term objectives are worked on with a success of 80% or more to qualify the client for 'discharge'.** You can also include specific measurements if needed.

Example Progress Criteria to include in notes and treatment plan updates:

Improving: Client reports decreased worry frequency/intensity, increased use of coping skills, reduced avoidance, and improved functioning.

Goal Met: Client demonstrates the ability to independently manage anxiety using learned skills, with symptoms causing minimal functional impairment.

Discharge Criteria: Client demonstrates sustained improvement in anxiety symptoms and functioning and is able to independently utilize coping strategies and relapse-prevention skills.

TREATMENT PLANNING

Example 90 Day Treatment Plan Update

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Long-Term Goal: Client will reduce the frequency and intensity of anxiety symptoms and increase the ability to effectively manage worry and physiological/emotional responses to anxiety, resulting in improved daily functioning and overall quality of life.

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Interventions:

- Therapist will provide psychoeducation regarding anxiety, the nervous system, and the relationship between thoughts, emotions, physical sensations, and behaviors.
- Therapist will assist client in identifying patterns and maintaining factors contributing to anxiety.
- Therapist will utilize CBT-based conceptualization to identify connections between thoughts, feelings, and behaviors.

90 DAY UPDATE 8-1-2026 (dates of service 5-1-2026 to 8-1-2026): In the last 90 day period, client has consistently improved upon understanding of anxiety, and common triggers personally experienced. Client has been successful in identifying at least 3 common triggers, and emotions associated with anxiety. Client continues to work on identifying patterns and maintaining factors contributing to anxiety. Client has been made significant progress in building upon psychoeducation, and understanding the relationship between thoughts, emotions, physical sensations, and behaviors. Client will continue to work on short term objective in the next 90 day period.