cx present example (Not a real client)

Integrated Therapy Solutions of Oklahoma, LLC
620 NW 5th St. Suite D
Moore, Oklahoma 73160
Ph: (405) 208-4469 Fax: (405) 208-4472

acquired at intake

TRANSITION PLAN

(date of referral)

Client's name Gina Pearson **Insurance#** B08555999 **Admit date** 1/1/21

How will you know that you are nearing completion of services and ready to transition into your community? (to be asked of client at assessment- direct quote required):
"I will know therapy has been helpful when I no longer have flashbacks."

Below this line to be completed at Discharge:

Progress (In client's own words): "I feel like I have completed the goals we collaborated on."

Gains (In client's own words): "I feel like I have more control over my trauma triggers."

Strengths/abilities strengths include strong communication skills, prior therapy experience, increased emotional insight, and decreased reactivity to triggers.

Needs/liabilities client needs to work on continuing to heal, including self care in schedule, and enhancing safety behaviors

Presenting problem (from intake) Presenting problem was anxiety, insomnia, and flashbacks → at intake

The following care services have been developed with my knowledge and cooperation. My response regarding these plans is as follows: "I agree with the reason for discharge. I will continue to work on these needs."
→ at discharge

Referral Source: (Name, contact information, agency, hours available)

no referrals made at discharge. Cx referred back to ITS for additional needs after discharge.

↖ where we referred them to at discharge

Below this line to be completed at Discharge:

Gina Pearson — **Client Signature (if over 12)** — 8/1/22 — **Date**

n/a — **Guardian Signature** — **Date**

Mallory Copeland — **Therapist Signature & Credentials** — 8/1/22 — **Date**