

** indicates a required field*

*** Presenting problem:**

*** Couple strengths:**

- Community support
- Family qualities
- Past strategies
- Accomplishments, interests, and activities
- Motivation to change
- Engagement with volunteer work
- Skills
- Qualities
- Values medication as a treatment method
- Spiritual support
- Good physical health
- Willingness to seek help
- Capable of independent living

*** Treatment barriers:**

- Unemployment
- Job insecurity
- Decreased academic performance
- Truancy
- Financial instability
- Food insecurity
- Lack of medication compliance
- Inability to complete activities of daily living
- Lack of hobbies
- Lack of community support
- Lack of close family ties
- Poor sleeping habits
- Chronic health concerns
- History of substance use disorders
- History of self-harm or suicidality
- History of incarceration
- History of eating disorders
- Lack of self-care practices
- Lack of access to childcare
- Lack of knowledge/acceptance around a partner's psychiatric disorder
- Physical violence/abuse in the relationship

Risk assessment

- Suicide
 - Homicide
 - Assault
 - Other
 - No risk identified
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Goals and Objectives

Goal 1

Goal:

Estimated date of completion:

Status:

Objective 1A:

Objective:

Estimated date of completion:

Status:

Objective 1B:

Objective:

Estimated date of completion:

Status:

Goal 2:

Goal:

Estimated date of completion:

Status:

Objective 2A:

Objective:

Estimated date of completion:

Status:

Objective 2B:

Objective:

Estimated date of completion:

Status:

Interventions:

- Acceptance and Commitment Therapy (ACT)
- Adaptive Internal Relational Network (AIR)
- Adlerian
- Affective education
- Assessing for safety
- Beck
- Behavioral activation
- Body awareness
- Boundary setting
- Building feeling vocabulary
- Cognitive Behavior Therapy (CBT)
- Cognitive challenging
- Cognitive reframing
- Communication skills
- Compliance issues
- Conflict resolution
- Coping/stress reduction
- Crisis stabilization
- Dialectical Behavior Therapy (DBT)
- Differential reinforcement
- Emotional Focused Therapy (EFT)
- Empathy training
- Experiential therapy
- Exploration of coping patterns

- Exploration of emotions
- Exploration of relationship patterns
- Exposure with response prevention
- Eye Movement Desensitization and Reprocessing (EMDR)
- Gottman Method couples therapy
- Grounding exercises
- Guided imagery
- Habit reversal training
- Interactive feedback
- Interpersonal resolutions
- Mindfulness training
- Motivational Interviewing (MI)
- Narrative therapy
- Parent management training
- Polyvagal therapy
- Preventative services
- Problem solving training
- Psychoeducation
- Reattribution training
- Relaxation training techniques
- Role-play/behavioral rehearsal
- Self-instruction/self-talk
- Self-monitoring/self-management training
- Sensorimotor Psychotherapy (SPI)
- Social modeling

- Social skills training
- Solution-Focused Brief Therapy (SFBT)
- Strategic therapy
- Structural therapy
- Structured problem solving
- Supportive reflection
- Symptom management
- Systematic desensitization
- Time projection

Completed goals:

Completed objectives:

Treatment approach

Treatment approach

Treatment type:

Estimated length of treatment:

Medical necessity for continued treatment:

- Symptom treatment
- Symptom reduction
- Symptom stabilization
- Maintain progress
- Prevent regression
- Manage chronic symptoms
- Improve daily functioning
- Prevent higher level of treatment