

Therapeutic Alternatives, Inc.

Sample Provider

INITIAL TREATMENT PLAN

Name: Sample Client

Date Created: 07/27/05

Case #:

Est. Length of Treatment: 16 sessions

DESCRIPTION OF PROBLEM	SYMPTOMS
Depression	Loss of appetite. Depressed affect. Diminished interest in previously enjoyable activities.
GOAL (DESIRED/EXPECTED OUTCOME)	
Alleviate depressed mood and return to previous level of effective functioning.	
OBJECTIVES (MEASURABLE ACTIONS)	TREATMENT METHODS TO ACHIEVE OBJECTIVES
Make positive statements regarding self and ability to cope with stressors of life.	
Keep a daily record of dysfunctional thinking that includes situations associated with depressed feelings and	
GOAL (DESIRED/EXPECTED OUTCOME)	
Develop the ability to recognize, accept, and cope with feelings of depression.	
OBJECTIVES (MEASURABLE ACTIONS)	TREATMENT METHODS TO ACHIEVE OBJECTIVES
Verbally identify, if possible, the source of depressed mood.	
Express feelings of hurt, disappointment, shame, and anger that are associated with early life experiences.	
COMMENTS	

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