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**Treatment Plan Template:**

**Reference Video:** [**https://youtu.be/6uWy7n6q9h0**](https://youtu.be/6uWy7n6q9h0)

**Long-Term Goal**

\*\*\*\* (client identified: elicited during intake)

Treatment Goal: Decrease \*\*\* (overarching issue/theme/complaint: anxiety)

**Short-Term Objectives:**

1. Increase \*\*\* (desired attribute: eg. distress tolerance) as seen by decreasing \*\*\* (target behavior: eg. arguments with) \*\*\* from (baseline: eg. 1x/week) to (desired goal: eg 1x/month) for 90 consecutive days (\*\*\*\*important to have sustained duration) and decrease (target behavior: eg avoidance bx) …
2. Lower baseline PHQ-9 and GAD-7 scores by at least three points.

**Clinical Interventions:**

Eg. Provide individual CBT for addressing depression and anxiety through implementation of therapeutic techniques (mood tracking, thought stopping, deep breathing/mindfulness/grounding, thought challenging/reframing, habituation and interpersonal effectiveness/communication skills).

**Client commitment:**

Client will attend scheduled appointments and will call to cancel and reschedule if not able to attend.

Client will complete assignments and be prepared to discuss findings in session.