

Your Name Heret

Date: _____

Standard Treatment Plan

Client Name: _____

Dx Code: _____

Presenting Problems/Symptoms	
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Long Term Goals	
Overall	
Thoughts	
Emotion/Affect	
Somatic (Body)	
Behavior/Urge	
Relational	

Existing Strengths & Resources / Needs	Clinical Theme
	<input type="checkbox"/> Responsibility (Guilt/Shame) <input type="checkbox"/> Control/Choices <input type="checkbox"/> Safety/vulnerability <input type="checkbox"/> Connection/Belonging

Short-Term Objective

#1 - Phase 1 - History Taking & Tx Planning

Projected Completion: 1-2 sessions

- Obtain relevant history to establish case conceptualization through clinical interview and self-assessments tools
- Screen for dissociation
- Identify present day triggers & future template
- Assess resources, strengths, & needs
- Identify safety factors, resources, and needs

- Complete target sequence plan
- Identify and/or strengthen internal and external resources
- Learn () new relaxation/calming, or other skills
 - Prog Muscle Relaxation
 - Breathing Techniques
 - Mindfulness Based Skills
 - Somatic Interventions
 - Other _____
 - Other _____

#2 - Phase 2 - Resourcing & Skills Building

Projected Completion: 1-3 sessions (on-going)

- Provide psychoeducation as needed for presenting sx; impact on nervous system, theories to support intervention
- Address any concerns/fears with working on traumatic memories and/or EMDR therapy
- Explore origins of presenting issue using Floatback/Direct questioning and sort by theme

- Practice, track, and re-evaluate (____) new skill(s) _____ x a week to manage distress. Re-assess intervention in therapy
- Assess for reprocessing readiness
- Create a self-care plan

Short-Term Objective

Objectives #3 Additional Skills needed to increase/decrease (symptom) _____ for (outcome) _____.

Projected Completion: _____

- Problem Solving skills - SFT
- BPD Skills
- Inner Child (Attachment Wounds) Healing - IFS / Ego States
- Mindfulness Skills with DBT
- Effective Communication Skills
- Boundary Setting & Self-Care Skills
- Distress Tolerance Skills with DBT
- Emotion Regulation Skills with DBT
- Interpersonal / Relationship Skills with DBT
- Grief Therapy
- Cognitive /Thinking Patterns with CBT
- Emotional Reprocessing with ACT
- Behavioral /Urge Reduction Skills
- Somatic (Body-Centered) Skills
- Other _____
- Other _____

#4 - Phases 3-8 Desensitization & Reprocessing with EMDR Therapy

Clinical Theme/Issue #1: _____
Projected Completion: _____

Clinical Theme/Issue #2: _____
Projected Completion: _____

Clinical Theme/Issue #3: _____
Projected Completion: _____

AEB: SUD 0-2, VoC 6-7, Observations, Self-Report

- Access memory components to determine baseline
- Desensitize/reprocess **present day triggers & past memories** assoc with selected theme, installation positive cognition, integration with clear body scan for each memory
- Rehearse strategies for managing **future** triggers with future template or mental movie
- Revaluation of target at the beginning of each sessions
- Maintenance
 - Create an after-care plan
 - Prepare for Discharge

Additional Services Recommendation	Individual Therapy - Frequency
<input type="checkbox"/> Psychotherapy (55-Minutes) <input type="checkbox"/> EMDR + Psychotherapy (55-minutes) <input type="checkbox"/> Adjunct EMDR therapy (55-minutes) <input type="checkbox"/> EMDR Intensive (2+ hr) _____ Hrs. <input type="checkbox"/> Hypnotherapy (90 minutes)	<input type="checkbox"/> Weekly _____ x per week <input type="checkbox"/> Bi-weekly <input type="checkbox"/> Monthly (Maintenance) Other
Estimated Time of Completion	Treatment Review
_____ Week(s) _____ Months <div style="display: flex; justify-content: space-around; margin-top: 5px;"> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px;"></div> </div>	Next Treatment Review: _____

Client Signature Date

Therapist Signature Date