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TREATMENT PLAN

Client: _____

(Goal: A goal is a broad statement addressing a desired outcome. **Objective:** A 'measurable' statement of how the goal will be met. It is sometimes referred to as an assignment.)

Example 1:

Presenting problem: Depression

Goal: Reduce/eliminate depression

Objective: 1. Pt will be compliant to medication regime 100% for 6 months
2. Pt. will complete 3 social activities/month.
3. Pt. will practice turning a negative into a positive thought pattern and report to therapist 3 instances where this was used.

Therapist and client will update Treatment plan each 9 months of ongoing therapy.

Presenting Problem #1 _____

Goal: _____

Objective: _____

Presenting Problem #2 _____

Goal: _____

Objective: _____

Presenting Problem #3 _____

Goal: _____

Objective: _____

Client Signature: _____

Date: _____

Therapist Signature: _____

Date: _____