

**Presenting problem:****Client 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

**Client risks:**

- ☐ 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

**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

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### 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