

# Agoraphobia Treatment Plan

This plan is intended to guide mental health professionals in the assessment and treatment of clients with agoraphobia. Mental health professionals should use this plan as a template and customize it based on the individual needs and goals of their clients. The plan covers a range of areas, including client profile, medical history, triggers, and treatment strategies such as cognitive-behavioral therapy, medication, and support.

Section	Questions	Treatment Plan
<b>Client Profile</b>	Client's Name:	
	Age:	
	Gender:	
	Occupation:	
	Do you have any medical conditions or disabilities?	
	What is your living situation?	
<b>Medical History</b>	Have you been diagnosed with any mental health disorders?	
	What medications are you currently taking?	
	Have you experienced any traumatic events or significant life stressors?	
<b>Triggers</b>	What specific situations or places trigger your anxiety and panic attacks?	
	What physical symptoms do you experience during a panic attack?	
	How do you currently cope with anxiety or panic attacks?	
<b>Cognitive Behavioral Therapy</b>	What negative thoughts or beliefs contribute to your anxiety?	
	How can you practice relaxation and stress reduction techniques?	
	What exposure therapy techniques will be most helpful for you?	

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<b>Medication</b>	Are you currently taking any medication for anxiety or depression?	
	How can you safely manage medication while undergoing therapy?	
<b>Support</b>	Do you have a support system in place?	
	How can you develop a self-care routine to manage your symptoms?	
	What are your goals for treatment?	
<p><b>Additional notes:</b></p>		