

Behavioral Health Treatment Plan

Client Information

Presenting problem:

Client Strengths

If applicable, please describe client strengths:

Community support (ex. work, family, racial, sexual identity, gender identity):

Family qualities:

Past strategies:

Accomplishments, interests, and activities (ex. sports, art):

Motivation to change:

Engagement with volunteer work (ex. animal shelter, tutoring):

Skills (ex. vocational, relational, activities of daily living):

Qualities (ex. musical, artistic, athletic, curious):

Values medication as a treatment method (ex. which types of medication):

Spiritual support (ex. temple/church/mosque, meditation group):

Good physical health:

Willingness to seek help:

Capable of independent living:

Client Risks

If applicable, please describe client risks:

Unemployment:

Job insecurity:

Decreased academic performance:

Truancy:

Financial instability:

Food insecurity:

Lack of medical 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

No risk identified *(If checked, please skip this section.)*

If applicable, please provide more details:

Suicide:

Homicide:

Assault:

Other Risks:

Goals**Goal 1:**

Estimated date of completion:

Status:

Objective 1A:

Estimated date of completion:

Status:

Objective 1B:

Estimated date of completion:

Status:

Goal 2:

Estimated date of completion:

Status:

Objective 2A:

Estimated date of completion:

Status:

Objective 2B:

Estimated date of completion:

Status:

Interventions	
<i>If applicable, please provide more details:</i>	
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:

Completed Goals and Objectives	
Completed goals:	Completed objectives:
Treatment Approach	
Treatment type:	Estimated length of treatment:
Medical necessity for continued treatment:	
<input type="checkbox"/> Symptom treatment	<input type="checkbox"/> Prevent regression
<input type="checkbox"/> Symptom reduction	<input type="checkbox"/> Manage chronic symptoms
<input type="checkbox"/> Symptom stabilization	<input type="checkbox"/> Improve daily functioning
<input type="checkbox"/> Maintain progress	<input type="checkbox"/> Prevent higher level of treatment