

Conduct Disorder Treatment Plan

Patient Information

Name:

Date of Birth:

Medical Record Number:

Date of Treatment Plan:

Goals and Objectives

1. Behavioral Interventions:

- Implement reinforcement and consequence strategies.
- Establish a token system for positive behaviors.

2. Cognitive-Behavioral Therapy (CBT):

- Integrate CBT techniques to address distorted thought patterns.
- Foster the development of problem-solving skills.

3. Family Therapy Sessions:

- Schedule regular family therapy sessions to address relational dynamics.
- Educate family members on effective communication strategies.

4. School Collaboration:

- Establish regular communication with school professionals.
- Develop an Individualized Education Program (IEP) if necessary.

Support Systems

1. Community Resources:

- Identify local support groups or community resources.
- Encourage participation in extracurricular activities.

2. Individual Counseling:

- Offer individual counseling sessions to address personal challenges.
- Explore coping mechanisms and stress management techniques.

Review and Evaluation

1. Progress Monitoring:

- Regularly assess progress towards established goals.
- Adjust interventions as needed based on progress.

2. Feedback and Communication:

- Maintain open communication with the patient and their family.
- Encourage feedback on the effectiveness of interventions.

Follow-up and Adjustments

1. Follow-up Appointments:

- Schedule regular follow-up appointments to monitor long-term progress.
- Adjust the treatment plan based on evolving needs.

Provider's Signature

Date: