

Counseling Treatment Plan

The Counseling Treatment Plan is a dynamic document that is regularly reviewed and updated as the client's needs and circumstances change over the course of counseling. The plan serves as a roadmap for the counseling process and helps ensure that the client and counselor work together toward common goals.

Section I. Client Information	
Client name:	
Date:	
Counselor name:	
Section II. Presenting Concerns	
Brief Description of Concerns	
Goals for Counseling	
Section III. Assessment Summary	
Summary of Assessment Findings	
Strengths and Resources	
Areas for Improvement	
Section IV. Treatment Goals	
Measurable Goals	Strategies/Interventions

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Section V. Action Plan	
Summary of Strategies/ Interventions	
Roles and Responsibilities	
Timeline for Completion	
Additional notes:	

This Counseling Treatment Plan is intended to serve as a guide for mental health professionals to help their clients develop personalized treatment plans. It is not a substitute for professional advice, diagnosis, or treatment. Each client's situation is unique and requires an individualized approach. Mental health professionals should exercise their own independent clinical judgment when using this or any other treatment planning tool.