

# DBT Treatment Plan

<b>Name:</b>	<b>Date:</b>
<b>Diagnosis</b>	
<b>Medication</b>	
<b>Pre-treatment remarks</b>	
<b>Goals/desired outcomes</b>	
<b>Treatment plan outline</b>	
<b>Therapy sessions</b>	

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<b>Mindfulness exercises</b>
<b>Emotion regulation activities</b>
<b>Distress tolerance exercises</b>
<b>Interpersonal effective activities</b>
<b>Additional Notes</b>