

Emotionally Focused Therapy (EFT) Treatment Plan

Patient Name:		Age:	
Gender:	Male	Female	Other:
Contact Information:			
Emergency Contact:			

Clinical Diagnosis or Main Concern

Treatment Goals

Proposed Treatment Plan

Session Frequency:

Session Duration:

Therapeutic Approach

Intervention Strategies

1. Assessment Phase:

2. Treatment Implementation:

3. Monitoring and Evaluation:

Collaborative Documentation

Emergency Protocol

Follow-Up Plan

Patient Consent and Agreement