

# Emotionally Focused Therapy (EFT) Treatment Plan

<b>Patient Name:</b>		<b>Age:</b>	
<b>Gender:</b>	Male	Female	Other:
<b>Contact Information:</b>			
<b>Emergency Contact:</b>			

## 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**