Narrative Therapy Treatment Plan

Client Information

Name: Joseph Moore Age: 35 Gender: Male

Occupation: Engineer Phone number: (555) 555-1234

Email address: Jsephmore@gmail.com Date of consultation: March 17, 2023

Narrative Assessment

Problem/s and Issue/s:

Joseph is struggling with depression and anxiety. He reports feeling hopeless and powerless to change his situation. He is also experiencing difficulty in his relationships with his wife and children due to his negative mood and lack of motivation. Joseph has also reported experiencing feelings of isolation and disconnection from his friends and family.

Impacts:

Joseph's depression and anxiety are impacting his ability to perform his job effectively. He has been absent from work due to his mental health concerns, which has caused additional stress in his personal life. His relationships with his wife and children have become strained, and he has stopped participating in activities he once enjoyed. Joseph is experiencing a loss of interest in life and a lack of motivation to make changes.

Goals:

1.Increase Joseph's sense of agency and self-determination in his life.
2.Help Joseph's develop a more positive self-concept.
3.Improve Joseph's communication and relationship skills.
4.Increase Joseph's ability to cope with stress and anxiety.

Interventions:

Narrative therapy sessions to help John explore his personal story and develop a more positive narrative about himself and his experiences.
Cognitive-behavioral therapy to help John identify and challenge negative thoughts and beliefs.
Family therapy to improve communication and relationship skills with his wife and children.
Mindfulness-based stress reduction techniques to help John learn how to cope with stress and anxiety.

Narrative Therapy Treatment Plan

Tasks:

Attend weekly narrative therapy sessions.
Complete daily mindfulness exercises.
Attend monthly family therapy sessions.
Practice challenging negative thoughts and beliefs on a daily basis.

Timeline:

Begin narrative therapy sessions immediately and attend weekly for 12 weeks.
Begin cognitive-behavioral therapy after 4 weeks of narrative therapy and attend weekly for 12 weeks.
Begin family therapy after 8 weeks of narrative therapy and attend monthly for 6 months.
Begin mindfulness-based stress reduction techniques after 4 weeks of cognitive-behavioral therapy and practice daily for 12 weeks.

Progress Evaluation:

April 6, 2023: Joseph reported feeling anxious and overwhelmed at work this week. We explored his personal story and how it may be contributing to his anxiety.
April 13, 2023: Joseph practiced mindfulness exercises daily this week and reported feeling more calm and centered.
April 20, 2023: Joseph identified a pattern of negative self-talk related to work stress. We worked on developing more positive self-talk and coping strategies.
April 27, 2023: JJoseph and his wife attended their first family therapy session. They reported feeling more connected and expressed a desire to continue attending.
May 4, 2023: Joseph reported feeling more confident in his ability to balance work and personal life. He has been making time for family activities and self-care.
June 22, 2023:Joseph's anxiety and depression symptoms have decreased significantly. He feels more connected to his family and has been communicating more effectively with his wife. We discussed strategies for maintaining progress after therapy ends.

Additional notes:

Referral has been requested

JOSEPH MOORE 3/17/2023

Client's signature and date