

Person-Centered Therapy Treatment Plan

Client Information:

Name:

Date of Birth:

Contact Information:

Goals and Objectives:

Short-Term Goals:

Medium-Term Goals:

Long-Term Goals:

Person-Centered Therapy Techniques:

Active Listening:

Empathetic Understanding:

Exploration of Negative Emotions:

Utilizing Client-Centered Approaches:

Assessment and Progress Monitoring:

Adjustments and Modifications:

Collaborative Review and Termination: