

Psychodynamic Treatment Plan

Patient Name:		Date of Assessment:
Date of Birth:		Therapist Name:
Gender:		Email:
Presenting Problem:		
Goals	Strategies and Interventions	Outcome Measures
Identify and address underlying emotional conflicts causing anxiety and depression		
Improve self-esteem and self-worth		
Develop healthy coping mechanisms for stress and anxiety		
Increase emotional regulation skills		
Improve overall psychological functioning		

*Note: Outcome measures should be administered at regular intervals (e.g., every 3 months) to monitor progress and adjust treatment as needed.