

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.