Psychosis Treatment Plan

Client Information
Name: Chloe Smith
Age: 21
Date of Birth: 01/01/2003
Gender: Female
Address: XXXXXXXXXXXXXXXXXXXX
Email:Chloesmith@email.com
Phone: XXX - XXX - XXXX
Presenting Issues
- Thoughts are racing and it feels like she can not catch a break - Her mind feels like it's playing tricks on her - Hearing voices that are not there
Psychiatric History
- Have had moments feeling very paranoid within her life. - May have started around 2 years ago. Only communicated this with her Mother a few months ago. - Has not had psychological support before.
Medical History
- No medical health concerns
Family History
- Mother struggles with depression and uncle struggles with addiction - Mental health problems run in her family but unsure if anyone has experienced anything like what she is currently.

Treatment Goals

Chloe states that she wants to have a "grip on reality again". She has a can do attitude when it comes to spending time in the therapy session and is looking forward to our next appointment. I can tell she is eager to understand what she is struggling with which will make it easier to communicate.

Overall, I think we need to focus on understanding what is going on, educating Chloe about what she is experiencing and then look towards future life improvements.

Treatment Methods

Having a support system is a good first step for Chloe. She hasn't told anyone about what she has been experiencing for the last 18 months until 3 months ago. This means she hasn't had a support group around her which may have made it difficult to see through this challenge.

Medication could be an option, although I would need to talk and consult Chloe and a psychiatrist as well as doing some further psychological assessments to give her and myself an answer.

Timeline

Building rapport with Chloe has seemed relatively easy. She is understanding and compassionate when it comes to her needs for therapy. I would estimate we will spend less time communicating to build trust and more time on actively moving through sessions.

I would like to see Chloe feeling more confident in her self within 3 months. I am happy to work with her for however long she requires.