Solution-Focused Treatment Plan

Name	Date
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Date of Birth	**Age**
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Presenting problem

The client is experiencing overwhelming feelings of stress and anxiety, which are negatively impacting their daily functioning and overall well-being. They report experiencing frequent panic attacks, difficulty concentrating, irritability, and a constant sense of worry.

Diagnosis

General anxiety disorder

Medication

N/A

Allergies

N/A

Goal	Objective	Intervention	Expected Outcome
Reduce anxiety symptoms	Assess the client's anxiety symptoms and their impact on daily functioning	Use a structured anxiety assessment tool and conduct a detailed clinical interview	Client gains awareness of their anxiety symptoms and their impact on their life
Identify coping strategies	Explore the client's existing coping strategies and skills	Use scaling questions to identify times when the client has successfully managed anxiety in the past	Client recognizes their existing coping skills and resources, fostering a sense of confidence

Establish a relaxation routine	Collaborate with the client to create a personalized relaxation routine	Teach relaxation techniques such as deep breathing, progressive muscle relaxation, or guided imagery	Client develops a relaxation routine and experiences a reduction in anxiety symptoms
Challenge negative thinking patterns	Identify and explore the client's negative thinking patterns	Use cognitive restructuring techniques to challenge and reframe negative thoughts	Client learns to identify and replace negative thoughts with more balanced and realistic ones
Create an exposure hierarchy	Collaborate with the client to create a hierarchy of anxiety-provoking situations	Use gradual exposure techniques to help the client face their fears in a controlled manner	Client gains confidence in managing anxiety-provoking situations and experiences a reduction in avoidance behaviors
Enhance self-care practices	Assess the client's self-care practices and their impact on well-being	Provide psychoeducation on the importance of self-care and assist the client in identifying self-care activities	Client incorporates self-care practices into their routine, promoting overall well-being and stress reduction

Progress Tracking

Date	Notes
26 April 2023	During the initial session, the client presented with significant symptoms of anxiety, including frequent panic attacks, difficulty concentrating, and a pervasive sense of worry. The client expressed feelings of overwhelm and reported that these symptoms have been affecting their daily functioning for several months. We conducted a thorough assessment to gain a better understanding of their symptoms, explored their goals for therapy, and discussed the importance of developing effective coping strategies to manage anxiety.
10 May 2023	In this session, the client reported practicing deep breathing exercises and progressive muscle relaxation as part of their relaxation routine. They mentioned feeling more relaxed and noted a decrease in the intensity and frequency of panic attacks. We discussed the concept of cognitive restructuring and worked on identifying and challenging negative thinking patterns associated with anxiety. T
21 May 2023	During today's session, the client shared their progress in facing anxiety-provoking situations using gradual exposure techniques. They described engaging in a specific exposure task that involved speaking up during a meeting at work, despite feeling anxious. The client reported a sense of accomplishment and a reduction in avoidance behaviors. We discussed the importance of maintaining consistent exposure practice to further build resilience and decrease anxiety symptoms.

Additional notes