

Treatment Goals For PTSD

Overview:

This document outlines the treatment goals for managing and overcoming post-traumatic stress disorder (PTSD). This will be used as a guide for the healthcare provider and the patient to track progress and adjust treatment as needed.

Instructions:

1. Fill in the patient information section.
2. Review the treatment goals and discuss them with the patient.
3. At each session, review the progress towards each goal.
4. Adjust the treatment plan based on the patient's progress and feedback.

Section	Description
Patient Information Name: Date of Birth: Date of Diagnosis: Healthcare Provider: Emergency Contact Information:	
Treatment Goals	

<p>Progress Notes</p> <p><i>(Note progress, obstacles, and adjustments to the treatment plan)</i></p>	
<p>Next Steps/Recommendations</p> <p><i>(Outline recommendations for the next session or future treatment plans)</i></p>	