

# OUTLINE---TREATMENT PLAN

**1. PROBLEM:**

*DSM-5 Diagnosis*

**2. PROBLEM DEFINITION:**

*Explain in client's own words why they are there. Refer to DSM-5 diagnosis.*

**3. STRENGTHS:**

*Examples of Strengths:      articulate  
                                                 empathetic  
                                                 bright*

**4. WEAKNESSES:**

*Examples of Weaknesses:    enabler  
                                                 co-dependent  
                                                 people-pleaser*

**5. GOALS:**

*Outcome from counseling*

**6. STRATEGIES OR INTERVENTIONS:**

*Examples:      cognitive behavior  
                                                 referral to N/A  
                                                 referral to ACOA  
                                                 referral to A/A  
                                                 relaxation  
                                                 role-playing  
                                                 desensitization  
                                                 assist client in identifying life changes  
                                                 rehearsal to refuse high risk situations*

**7. TYPE OF COUNSELING:**

*Example:      Group Counseling \_\_\_\_\_ Xs weekly  
                                                 Couples Counseling \_\_\_\_\_ Xs weekly  
                                                 Individual Counseling \_\_\_\_\_ Xs weekly  
                                                 and so forth.*