Treatment Plan

Part 1: who the plan is for, what brings them in, and where things stand today

Client and plan details

Client name or ID

Date of birth

Plan date

Clinician and credentials

Initial plan or update #

Next review due

Presenting problem, in the client's words and yours

Diagnosis (code and description) and relevant history

Strengths, supports and what the client wants to be different

Baseline measures

Measure or tracked behavior	Score or baseline	Date

Service plan

Modality

Session length

Frequency

Estimated duration

☐ Individual ☐ Couples or family ☐ Group ☐ Telehealth

Safety plan: ☐ Not indicated at this time ☐ Completed ☐ Reviewed on

Coordination of care, referrals and releases on file:

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Goals, Objectives and Interventions

Part 2: one problem per block, with SMART objectives and interventions

Problem 1

Problem, in plain words

Long term goal (what life looks like when this is better)

	SMART objective (who will do what, by when)	How measured / baseline	Target date	Status
1.1				
1.2				
1.3				

Interventions (what the clinician will do, how often):

Problem 2

Problem, in plain words

Long term goal (what life looks like when this is better)

	SMART objective (who will do what, by when)	How measured / baseline	Target date	Status
2.1				
2.2				
2.3				

Interventions (what the clinician will do, how often):

Review and signatures

Review dates: _____ _____ _____

☐ Client helped write this plan and received a copy

Client signature and date

Clinician signature, credentials and date

Discharge or step down when: _____

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Treatment Plan

FILLED EXAMPLE · fictional client, for illustration only

Client and plan details

Client name or ID	Date of birth	Plan date
J.M. (fictional example)	04/1992	11/16/2026

Clinician and credentials	Initial plan or update #	Next review due
A. Rivera, LPC	Initial plan	02/15/2027

Presenting problem, in the client's words and yours

"I keep having panic attacks and now I avoid driving on the interstate." Reports 4 panic attacks a week for 5 months (racing heart, dizziness, fear of losing control). Has stopped driving on highways and takes surface roads to work (adds 40 min). Missed 3 workdays in October. No substance use reported. Medical causes ruled out by PCP in September. Risk screen at intake: denies suicidal ideation, no history of attempts.

Diagnosis (code and description) and relevant history

F41.0 Panic disorder (example only; diagnose from your own assessment).

First episode at 31 after a stressful job change. No prior therapy.

Strengths, supports and what the client wants to be different

Motivated, employed full time, supportive partner, enjoys running (has paused it).

Wants: "to drive to work on the highway again and stop planning my day around panic."

Baseline measures

Measure or tracked behavior	Score or baseline	Date
GAD-7	14 (moderate)	11/09/2026
Panic attacks per week (self log)	4	11/09 to 11/15
Days a week driving on interstate	0	11/09 to 11/15

Service plan

Modality	Session length	Frequency	Estimated duration
CBT for panic	53 minutes	Weekly	16 sessions

- [x] Individual
- [ ] Couples or family
- [ ] Group
- [ ] Telehealth

Safety plan: [x] Not indicated at this time [ ] Completed [ ] Reviewed on

Coordination of care, referrals and releases on file:

Release on file to share updates with PCP (signed 11/16/2026).

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Goals, Objectives and Interventions

FILLED EXAMPLE · fictional client, for illustration only

Problem 1

Problem, in plain words

Frequent panic attacks with fear of the next one.

Long term goal (what life looks like when this is better)

Panic attacks are rare and no longer control J.'s plans.

	SMART objective (who will do what, by when)	How measured / baseline	Target date	Status
1.1	J. will log every panic attack and its trigger daily for the next 2 weeks.	Panic log, reviewed weekly	11/30/2026	Started
1.2	J. will practice 2 interoceptive exercises 4 days a week for 8 weeks.	Practice log, baseline 0 days	01/11/2027	
1.3	J. will report 1 or fewer panic attacks a week for 4 weeks in a row.	Panic log, baseline 4 a week	02/15/2027	

Interventions (what the clinician will do, how often):

Clinician: psychoeducation on the panic cycle, sessions 1 to 2; interoceptive exposure in session from session 3; cognitive restructuring of catastrophic thoughts, weekly. Review GAD-7 every 4 weeks.

Problem 2

Problem, in plain words

Avoids highway driving; longer commute and missed work.

Long term goal (what life looks like when this is better)

J. drives the usual route to work without avoidance.

	SMART objective (who will do what, by when)	How measured / baseline	Target date	Status
2.1	J. and clinician will build a 10 step driving exposure ladder by session 4.	Ladder with SUDS 0 to 100	12/07/2026	
2.2	J. will complete one planned driving exposure step 3 times a week.	Exposure log, baseline 0	01/25/2027	
2.3	J. will drive to work on the interstate 3 or more days a week.	Self report, baseline 0 days	02/15/2027	

Interventions (what the clinician will do, how often):

Clinician: graded in vivo exposure planning and review each session; problem solving for workday barriers; relapse prevention plan in the last 3 sessions.

Review and signatures

Review dates: 12/14/2026 01/18/2027 02/15/2027

☑ Client helped write this plan and received a copy

Client signature and date

J.M. 11/16/2026

Clinician signature, credentials and date

A. Rivera, LPC 11/16/2026

Discharge or step down when: objectives 1.3 and 2.3 met and held for 4 weeks; then monthly check ins.

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