**Treatment Plan**

Based on the information collected in Week 4, complete the following treatment plan for your client Eliza. Be sure to include a description of the problem, goals, objectives, and interventions. Remember to incorporate the client's strengths and support system in the treatment plan.

Client: Eliza Date: 02/02/2019

Age: 18 years DOB: 03/19/2000

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| **DSM Diagnosis** | **ICD Diagnosis** |
| * Diagnosed with extreme depression and anxiety. * Low self-esteem and lack of self-control. * Social isolation * Fears/ worries | * ICD-10 explains the loss of interest in activities of pleasure. * Lack of emotional reactions to different situations. * Difficulty in sleeping. * Depressive episode observed for the last two weeks. |

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| **Goals / Objectives:** | **Interventions:** | **Frequency:** |
| □ Mood Stabilization | □ Psychotropic Medication Referral & Consultation  □ Cognitive Behavior Therapy □ Skill Training  □ Emotion Recognition – Regulation Techniques | □ Weekly  □ Weekly  □ Individual  □ Family-based |
| □ Anxiety Reduction | □ Psychotropic Medication Referral & Consultation  □ Cognitive Behavior Therapy □ Skill Training  □ Relaxation Techniques | □ Monthly  Weekly  Weekly  □ Individual |
| □ Reduce Obsessive Compulsive Behaviors | □ Psychotropic Medication Referral & Consultation  □ Cognitive Behavior Therapy □ Skill Training | □ Monthly  Weekly  □ Individual |
| □ Decrease Sensitivity to Trauma Experiences | □ Verbalize Memories Triggers & Emotion  □ Utilize Healing Model/Support (Mending the Soul) | □ Weekly  □ Family |
| □ Establish and Maintain Eating Disorder Recovery | □ Overcome Denial  □ Identify Negative Consequences  □ Healthy Exercise  □ CBT | □ Bi-Weekly  Bi-weekly  □ Individual  □ Weekly |
| □ Maintain Abstinence from substances (Alcohol/Drugs) | □ Substance Use Assessment  □ Identify Negative Consequences  □ Commitment to Recovery Program □ Attend Meetings | □ Weekly  □ Weekly  Monthly |
| □ Increase Coping Skills | □ DBT Skills Training  □ Problem Solving Techniques  □ Emotion Recognition & Regulation □ Communication Skills | □ Weekly  □ Bi-Weekly  □ Monthly  □ Bi-Weekly |
| □ Stabilize, Adjustment to New Life Circumstances | □ Alleviate Distress  □ Cognitive Behavior Therapy  □ Stress Management  □ Skills Training  □ Improve Daily Functioning  □ Develop Healthy Support | □ Weekly  □ Bi-Weekly  □ Monthly  □ Bi-Weekly  □ Individual  □ Family |
| □ Decrease/Eliminate Self Harmful Behaviors | □ Cognitive Behavior Therapy  □ Skills Training  □ Develop and Utilize Support System | □ Weekly  □ Bi-Weekly  □ Monthly |
| □ Improve Relationships | □ Communication Skills  □ Active Listening  □ Family Therapy □ Assertiveness  □ Setting Healthy Boundaries | □ Weekly  □ Bi-Weekly  □ Monthly  □ Family |
| □ Improve Self Worth | □ Affirmation Work  □ Positive Self Talk  □ Skills Training  □ Confidence Building Tasks | □ Weekly  □ Bi-Weekly  □ Monthly  □ Individual |
| □ Grief Reduction and Healing from Loss | □ Psychoeducation on Grief Process/ Stages  □ Process Feeling  □ Emotion Regulation Techniques  □ Reading/Writing Assignments  □ Develop/Utilize Support | □ Weekly  □ Bi-Weekly  □ Monthly  □ Individual  □ Family |
| □ Develop Anger Management Skills | □ Decrease Anger Outbursts  □ Emotion Regulation Techniques  □ Cognitive Behavior Therapy  □ Increase Awareness/Self Control | □ Weekly  □ Bi-Weekly  □ Monthly  □ Individual |

Treatment theory

The treatment theory selected for Eliza includes cognitive therapy. Cognitive therapy is focused on helping clients on establishing a link between thoughts, behavior and feelings. The therapist will stress on determining and altering the dysfunctional patterns. in the current scenario, cognitive behavioral therapy is used for treating anxiety and depression experienced by Eliza. The therapy will aim at controlling substance abuse and negative feelings of the client. The therapy will determine the problems faced by Eliza in maintaining social relationships such as avoiding eye contact and talking to class fellows. In this process, the therapist will challenge the negative feelings of Eliza by making her witness her thoughts and emotions. This will allow her to identify her weaknesses and reasons behind awkward behavior. the therapist will try to change the thoughts of the client that causes isolation and anger (Kupfer, Frank, & Phillips, 2012). CBT is selected after considering the background and summary of the client's case that complies with NASAC standard 62.

The reason for selecting this theory is to address the issues of depression and substance abuse. As Eliza is a victim of major depressive disorder, CBT will provide opportunities for identifying problems that will lead to the development of problem-solving attitude. The treatment theory is supported by NASAC standards that stress on self-assessment. CBT will allow the patient to conduct self-analysis by identifying her problems and issues. After a thorough analysis of problems, Eliza will develop competency for dealing with problems herself. Such as in the situation of extreme depression she will learn to engage herself in physical activity that will allow her to transform energy in a positive direction (Kupfer, Frank, & Phillips, 2012). The selected therapy allows the therapist to establish realistic and achievable goals that are consistent according to the NASAC standard 78 (NASAC, 2017). The treatment theory will thus increase the scope of recovery.

The interpersonal theory is also used for treating Eliza. In 45 minutes session, the therapist will encourage her to talk and explain her feelings. After expressing feelings Eliza will be asked to find her problems Counseling offer many benefits to the clients such as modifying risky behaviors and replacing negative feelings with positive ones (Markowitz & Weissman, 2004). The reason for choosing this theory is to make the client emotionally strong. She will learn to focus on positive things and overcome feelings of hopelessness.

Legal concerns

The selection of the treatment theory follows the National Addiction Studies Accreditation Commission (NASAC) standards. The standard 45 of NASAC is used for ensuring that the community resources are used inappropriate manner that addresses the needs of the client. Another legal requirement of the process involves arranging referral's for the therapist and community programs by adopting NASAC standard 52 (NASAC, 2017). The psychological will comply with legal aspects by following principles of NASAC. The principle of confidentially will be used for keeping the information of Eliza concealed. The therapist will keep the information of the client in safe hands and avoid sharing it with anyone. The legal requirements also follow NASAC standard 55 that claims that outcomes of referrals must be evaluated. The therapist will thus consider the practical implications of involving the agency or community agencies.

Mental health concerns

The mental health concerns stress on adoption of the right treatment plan. This will require the adoption of NASAC Standard 45 that emphasize on adopting community resources for catering the needs of clients. The therapist must rely on client-centered therapy that will focus on adopting a method for building a positive relationship with Eliza. The treatment plan uses cognitive behavior therapy because it allows the establishment of attainable and consistent goals that fulfil the NASAC standard 78 (NASAC, 2017).

Substance abuse

Standard 2 of NASAC identifies counselling skills required for treating substance addicted clients. Eight skills are used for assisting Eliza to overcome her addiction. The skills include; treatment admission, clinical assessment, treatment planning, services for counselling, documentation, case management, discharge or continued care and ethical aspects. The therapist must be qualified enough for treating the client and holds a masters degree. He must possess knowledge of theory and is competent to use counselling as a tool for the convincing the client to decline alcohol consumption. NASAC standard 52 states that the therapist will arrange referrals for community agency when the condition of the client doesn't improve (NASAC, 2017).

Services of counseling include providing opportunities of discussions to the client. Through provision of affordable comprehensive services Eliza will get opportunity of sharing her thoughts with the therapist. This will provide deeper analysis of client’s state. The therapist will manage to formulate counseling plan that will focus on providing opportunities for recovery. Counseling for substance abuse will focus on highlighting the adverse impacts for the patient. The therapist will set treatment goals and assist patient in establishing coping skills. This will help patient to familiarize with the growth and therapeutic interventions.

References

Kupfer, D. J., Frank, E., & Phillips, M. L. (2012). Major depressive disorder: new clinical, neurobiological, and treatment perspectives. *Lancet*, 1045–1055.

NASAC. (2017). *NASAC Manual.*

Markowitz, J. C., & Weissman, M. M. (2004). Interpersonal psychotherapy: principles and applications. *World Psychiatry, 3* (3), 136–139.