CBT Treatment Plan

Name: Emily Cruise **Date:** March 18, 2023

Diagnosis
Social Anxiety Disorder
Medication
None
Presenting problem
Emily experiences significant anxiety and fear in social situations, including public speaking, meeting new people, and attending social events. Her symptoms include sweating, blushing, trembling, and difficulty speaking. These symptoms have led to avoidance of social situations and have negatively impacted her personal and professional life.
Desired goals / outcomes
Reduce Emily's anxiety and fear in social situations Increase her ability to engage in social situations without significant discomfort Improve her self-esteem and self-confidence in social settings Enhance her overall quality of life

Intervention
Psychoeducation about social anxiety and the cognitive-behavioral model of treatment Cognitive restructuring to challenge and modify negative thoughts and beliefs related to social situations Exposure therapy, including in vivo exposure and role-playing to confront and habituate to feared situations Behavioral experiments to test out negative beliefs and assumptions about social situations Social skills training to enhance social interaction and assertiveness

Timeline
Sessions 1-2: Psychoeducation and cognitive restructuring Sessions 3-5: Exposure therapy (in vivo and role-playing) Sessions 6-8: Behavioral experiments Sessions 9-10: Social skills training Sessions 11-12: Review progress and maintenance strategies

Additional notes
The treatment plan will be tailored to Emily's individual needs and progress will be reviewed regularly to assess and modify interventions as needed. Homework assignments will be provided to reinforce skills learned in the session. Emily will be encouraged to practice skills learned in sessions outside of therapy to enhance generalization and maintenance of gains. Emphasis will be placed on building a collaborative and supportive therapeutic relationship to enhance treatment outcomes.