Cognitive Behavioral Therapy (CBT) Treatment Plan

Patient information	
Name: Alex Johnson	Age: 34
Sex: Male	Date of birth: 03/15/1990
Phone number: (555) 123-4567	Date of treatment plan: 12/6/2024
Diagnosis:	
Generalized Anxiety Disorder (GAD)	

Treatment goals	
Short-term goals	**Long-term goals**
Identify and challenge three unhelpful thought patterns contributing to anxiety. Learn and apply one relaxation technique to manage physical symptoms of anxiety.	Reduce overall anxiety levels by 50% as measured by GAD-7 scores within six months. Improve ability to handle stressors with minimal interference in daily functioning.

Intervention/s

Cognitive restructuring

" Focus on recognizing and reframing distorted thoughts.

" Use thought records to practice identifying cognitive distortions.

Relaxation training

" Incorporate deep breathing and progressive muscle relaxation.

" Practice daily to reduce physiological arousal associated with anxiety.

Behavioral activation

" Schedule pleasurable and meaningful activities weekly to counter avoidance.

Recommended medication (if applicable)
Not prescribed at this time; to be reviewed as therapy progresses
Progress notes
Weekly progress notes to track achievement of short-term goals and symptom changes. Adjust interventions as needed based on patient response and feedback.

Client signature:Alex Johnson	Date:12/6/2024
Mental health professional's information	
Name:Dr. Emily Carter	Signature:Dr. Emily Carter
License number:123456789	Contact details:(555) 987-6543