

Separation Anxiety Disorder Treatment Plan

This treatment plan is designed to address the specific needs of the individual with Separation Anxiety Disorder. Mental health professionals should collaborate with their clients to develop a personalized treatment plan that includes psychotherapy, medication, relaxation techniques, family involvement, and follow-up appointments to monitor progress and adjust the treatment plan as needed.

Client Information	
Name:	
Age:	
Gender:	
Medical History:	
Medications:	

Initial Assessment	
Presenting Symptoms:	
Diagnosis:	
Short-term goals:	
Long-term goals:	

Treatment Plan	
Psychotherapy:	
Medication:	
Relaxation Techniques:	
Family Involvement:	
Follow-up:	

Treatment Methods/ Timeline	
Week 1:	
Week 2-4:	
Week 5-8:	
Week 9-12:	