

Therapy Treatment Plan

A therapy treatment plan is a structured document that outlines the goals, strategies, and interventions a therapist and client will use to address their concerns and work towards their desired outcomes. The table below provides a framework for therapists or professionals to create a therapy treatment plan with their clients.

Client information
Client name:
Age:
Gender:
Occupation:
Contact information:
Referring provider:
Presenting problem
Describe the problem(s) or concern(s) that led you to seek therapy:
How long have you been experiencing these problems?
Have you sought help for these problems before? If so, what kind of help did you receive, and was it helpful?
Goals for therapy
What would you like to achieve in therapy?

What changes would you like to see in your life due to therapy?

What specific issues or problems do you hope to address in therapy?

Objectives

How will you know when you have achieved your goals?

Additional questions

Have you experienced any significant life changes or stressors recently?

Do you have a support system? Who do you turn to when you need help or support?

Have you ever been in therapy before? If so, what was helpful or unhelpful about the experience?

Is there anything else you want your therapist to know about you or your situation?

Interventions to be used

Do note that you may tailor the treatment plan further and change the questions depending on your approach and the client's specific needs and concerns.