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Treatment Plan Template

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CLIENT	DATE OF PLAN	CLINICIAN

DIAGNOSIS	REVIEW DATE

PRESENTING PROBLEM

Why the client came in and how it affects daily life, in a few sentences.

STRENGTHS AND BARRIERS

What will help the work (supports, skills, motivation) and what may get in the way.

GOAL 1

The long-term change the client wants, in plain language.

OBJECTIVES FOR GOAL 1

Two or three measurable steps, each with a number and a target date.

INTERVENTIONS FOR GOAL 1

What the clinician will do, with the modality and how often.

GOAL 2, OBJECTIVES, AND INTERVENTIONS

Repeat the structure for each additional problem.

FREQUENCY AND DISCHARGE CRITERIA

Visit frequency and length, expected duration, and what tells you treatment is done.

SIGNATURES

Client and clinician signatures and dates. Note that the client took part in writing the plan.

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Treatment Plan Example: Generalized Anxiety

FICTIONAL EXAMPLE. NOT A REAL PATIENT. FOR ILLUSTRATION ONLY.

CLIENT
E. Walsh (fictional), 34

DATE OF PLAN
11/10/2026

CLINICIAN
Nora Chen, LCSW

DIAGNOSIS
Generalized anxiety disorder

REVIEW DATE
2/10/2027

PRESENTING PROBLEM

Client reports constant worry about work and her health for the past year, poor sleep, and muscle tension. She has missed four workdays in two months. GAD-7 score 15 at intake.

STRENGTHS AND BARRIERS

Motivated, came in on her own. Supportive partner. Practiced yoga before. Barriers: long work hours and a commute that leaves little time for practice.

GOAL 1

Worry takes up less of the day, and she sleeps through the night most nights.

OBJECTIVES FOR GOAL 1

1a. GAD-7 score below 10 by 2/10/2027. 1b. Sleep 6 or more hours on 5 of 7 nights, by sleep log, by 1/15/2027. 1c. Use a worry postponement period on 5 of 7 days for 4 weeks in a row by 1/31/2027.

INTERVENTIONS FOR GOAL 1

Cognitive behavioral therapy, weekly. Psychoeducation on the worry cycle. Worry postponement and cognitive restructuring. Progressive muscle relaxation taught in the visit and assigned as homework.

GOAL 2, OBJECTIVES, AND INTERVENTIONS

Goal 2: return to full attendance at work. Objective 2a: no more than one missed workday a month for 3 months by 2/10/2027. Intervention: problem-solving therapy for workload, biweekly.

FREQUENCY AND DISCHARGE CRITERIA

Weekly 53-minute visits for 12 weeks, then review. Discharge when GAD-7 stays below 10 for 4 weeks and both goals are met.

SIGNATURES

Plan written with the client, who agreed with the goals. Signed by client and clinician on 11/10/2026.