

Counseling Treatment Plan

The Counseling Treatment Plan is a dynamic document that is regularly reviewed and updated as the client's needs and circumstances change over the course of counseling. The plan serves as a roadmap for the counseling process and helps ensure that the client and counselor work together toward common goals.

Section I. Client Information	
Client name:	Stephen Ledger
Date:	03/23/2023
Counselor name:	Jay Peters
Section II. Presenting Concerns	
Brief Description of Concerns:	Stephen has been feeling very anxious and overwhelmed lately, especially at work. He has difficulty sleeping and often wakes up in the middle of the night feeling worried about work. He is also experiencing physical symptoms such as headaches and stomach aches.
Goals for Counseling	1. To learn coping skills for managing anxiety and stress. 2. To improve sleep quality.
Section III. Assessment Summary	
Summary of Assessment Findings:	Stephen reports feeling stressed and overwhelmed due to his workload and high-pressure job. He also reports feeling unsupported by his boss and coworkers. Stephen has no history of mental health concerns or treatment.
Strengths and Resources	Stephen has a supportive partner and a close group of friends who he can turn to for emotional support.
Areas for Improvement	Stephen needs to develop coping skills to manage his anxiety and stress levels more effectively.
Section IV. Treatment Goals	
Measurable Goals	Strategies/Interventions
To learn coping skills for managing anxiety and stress.	Teach mindfulness meditation techniques and deep breathing exercises.
To improve sleep quality	Sleep hygiene education, and develop bedtime routine.

Counseling Manual Template

Michael Rajnik



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