

Patient Name: John Q. Public
Patient DOB: 1/1/1991

Treatment Plan

Client Name: First: **John** MI: **Q.** Last: **Public**
DOB: **1/1/1991** Age: **32** Marital Status: **Single**
Parent/Guardian: **N/A** Therapist: **Susan Q. Practitioner, LCSW**
Diagnosis: **F41.1 Generalized Anxiety Disorder**
Previous Diagnosis: **F41.1**

Previous Practitioner Name: **Psychiatrist Janet Doe, MD**

Last appointment date: **8/1/2022**

Current/Presenting Issues:

John is currently experiencing anxiety (racing thoughts, restlessness, difficulty sleeping) that prevents him from maintaining consistent employment. His anxiety increased after the COVID pandemic and lockdown, but states he has always been “high strung.” He states that he suffers from “Sunday Scaries” which can turn into an anxiety attack. He estimates he has “a few” anxiety attacks per year.

John reports that he is unable to stay at a job for more than six months due to his anxiety, and when employed, cannot “unplug” from work to fully enjoy his free time.

Treatment History (Summary):

Client has seen Psychiatrist, Janet Doe every six weeks since 8/1/2022 for symptom management.

Client does not have a PCP.

What Interventions/Strategies have Helped Most:

Client reports that Ativan and Buspirone are helpful in managing Anxiety Symptoms but wants to avoid relying on it. Client is interested in evaluating thought patterns that lead to “downward spiral” (sic) and has practiced 5-5-5 “grounding exercises” suggested by psychiatrist.

Current Meds/Prescribed By (if applicable): **Ativan, 5 Mg / as needed for anxiety by Janet Doe, MD (Psychiatrist), Buspirone 5mg / day for anxiety**

Recommended Services: **Assessment, Individual Therapy, Medication management**

Goal #1: Target Date (120 Days or 15 visits): **The patient will learn to cope with feelings of anxiety, without withdrawing and having to remove himself from work obligations.**

Objective: **Decreased incidence of anxiety interfering in work per client’s report**
Modality: **Practice ACT skills to handle work experiences without unmanageable anxiety :**

Goal #1 Date: **3 months**

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Goal #2: Decrease catastrophic thinking and negative outcomes associated with negative thinking in order to increase positive social interactions

Action step/Objective B: **Cognitive training exercises to evaluate thought patterns to change interactions in social and work environments.**

Intervention Methods/Modalities: **ACT and Cognitive therapy**

Goal #2 Date: **3 months**

Client Signature and Date

John Public electronically signed 1/11/23

Clinician Signature and Date

Susan Q. Practitioner, LCSW, 1/10/2023

This is a fictitious case