OUTLINE---TREATMENT PLAN
for
HS 101 Intro to Human Services

1. PROBLEM:
   
   *DSM-5 Diagnosis*

2. PROBLEM DEFINITION:

   *Explain in client’s own words why they are there. Refer to DSM-5 diagnosis.*

3. STRENGTHS:

   *Examples of Strengths: articulate empathetic bright*

4. WEAKNESSES:

   *Examples of Weaknesses: enabler co-dependent people-pleaser*

5. GOALS:

   *Outcome from counseling*

6. STRATEGIES OR INTERVENTIONS:

   *Examples: cognitive behavior referral to N/A referral to ACOA referral to A/A relaxation role-playing desensitization assist client in identifying life changes rehearsal to refuse high risk situations*

7. TYPE OF COUNSELING:

   *Example: Group Counseling _____ Xs weekly Couples Counseling _____ Xs weekly Individual Counseling _____ Xs weekly and so forth.*