

Treatment Plan (TP) Helper: Answering the 3 Questions

1. CLIENT'S PROBLEMS/NEEDS/WEAKNESSES/DISABILITIES:

The problems to list are those that are related to the client's treatment plan (TP).

The client has the following self-defeating behaviors: resistance, coming to please (parent, spouse, court, work), externally referented, not motivated to change, shy, not verbal, lacks social skills, may lack the motivation to complete a course of therapy, limited insight, limited awareness, a history of using ineffective coping strategies, lacks insight into his/her problems, emotionally immature, not taking responsibility for their problems, emotionally dependent, still at the blame stage, stuck at the blame stage, guilt ridden, insecure, afraid of therapy, trust issues with therapists, had bad experiences in therapy in the past, longstanding history of anxiety or depression or anger or shame or guilt, a victim script, dependency issues, lacks problem-solving skills, poor self-care, thinks they or their situation is hopeless or helpless, previous therapy experiences were of the ineffective listening or whining service type, overly sensitive, unable to face problems, unwilling to face correction, denies problems, rigid thinking, rigid beliefs, stuck on finding "why" answers, identity problems.

2. CLIENT'S STRENGTHS/ASSETS/ABILITIES/RESOURCES:

The strengths to list are those that are related to the client's treatment plan (TP).

The client has the following effective behaviors: open with the therapist, honest with the therapist, motivated to change, therapy wise, sick and tired of being sick and tired, verbal, straight forward, genuine, self-focused, aware of his/her problems, willing to explore sensitive issues, can communicate the problem, shows genuine concern about the problem, has some insight into his/her problems, has reliable transportation, has a baby sitter, capable of insight, has hit bottom, recognizes problems, wants to remove problems, wants to replace problems, can face problems, willing to accept correction, willing to work on problems outside of sessions, agrees to read assigned materials, agrees to complete assigned written assignments, willing to learn new coping and problem-solving strategies, willing to practice new coping and problem-solving strategies.

3. TP ENVIRONMENTAL/SOCIOLOGICAL FACTORS:

The environmental factors to list are those that are related to the client's TP.

The client has the following issues: does not have a support system, lacks friends, reports living in an abusive relationship, Axis IV issues may work here, who lives with, current living situation, social environment, social conditions, social stressors, parent-child conflict, spouse conflict, sibling conflict, relational problems, problems with primary support group, problems with social environment, educational problems, occupational problems, housing problems, economic problems, problems with healthcare access, problems with legal system, exposure to disasters, conflict with caregivers, unavailability of social service agencies, discrimination problems, abuse issues, domestic abuse issues, grief issues, occupational problems, school problems, religious problems, phase of life problems, environment adjustment problems.