Treatment Plan

In this activity you will be creating a treatment plan for your own family or a friend or coworker based on the

information you have obtained in your prior two application assignments; genogram and family assessment.

Information regarding the planning process for treatment planning is located in Chapter 6.

For this assignment you will need to create a treatment plan that includes\*:

the presenting problems

prioritize the problems: (from the family’s perspective), translate the problems into needs, evaluate levels of

intervention for each need

obtainable goals for each problem

specific objectives for each goal

specific action steps as needed for each objective

\*The number of goals, objectives, and action steps you have will depend on the family you interviewed.

PLEASE REVIEW THE GRADING RUBRIC FOR THIS ASSIGNMENT AS WELL.

TREATMENT PLAN EXAMPLE:

Presenting problems: Family has been having issues communicating effectively since the loss of the father 1 year

ago. There has been an increase in arguing, resentment, and disrespect. Mrs. Jones has also been having problems

controlling her two children ages 10 and 13. They both have been having problems in school and problems abiding

by the rules at home. All 3 family members have not fully grieved the loss of their father/husband after his

unexpected death in a car accident a year ago. The following are suggested goals and objectives for the family to

work on to improve their presenting problems.

Template is below!

Goals #1: Learn and use effective communication strategies

Objective #1: Learn three ways to communicate verbally when angry

Action Step:

Action Step:

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Objective #2: Be able to express anger without yelling and using foul language

Action Step:

Action Step:

Objective #3: Learn to express feelings verbally without acting out

Action Step:

Action Step:

Goal #2: Improve parenting skills

Objective #1: Set two limits and stick with a plan that will require more

responsible behavior

Action Step:

Action Step:

Objective #2: Use “I” statements rather than “You” when communicating with the children

Action Step:

Action Step:

Objective #3: Develop and consistently use a behavior modification plan, to eliminate temper tantrums

Action Step:

Action Step:

Goal #3: Explore and resolve grief and loss issues

Objective #1: Give sorrow words-discuss issues of grief weekly with

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Therapist

Action Step:

Action Step:

Objective #2: Learn about the typical 2-7 year process of grieving the loss of a loved one

Action Step:

Action Step:

Objective #3: Create (write/draw) a soul sketch of the deceased love one

Action Step:

Action Step:

Objective #4: Plan a memorial service for the anniversary of the loss

Action Step:

Action Step:

I will attach case study and geno gram