Treatment Plan

Problem (limit to one or two broad problems):

__________________________________________________________

Definition (put in behavioral terms):

__________________________________________________________

__________________________________________________________

__________________________________________________________

Goals (broad, long-term):

__________________________________________________________

__________________________________________________________

__________________________________________________________

Objective (specific) | Interventions (techniques & formats)
1. |

2. |

3. |

4. |
SAMPLE TREATMENT PLAN

Problem: ANGER MANAGEMENT

Definition: Overreaction of hostility to insignificant irritants.
Use of verbally abusive language.
History of explosive aggressive outbursts out of proportion to any precipitating stressors leading to assaultive acts or destruction of property.

Goals: Develop an awareness of current angry behaviors, clarifying origins of and alternatives to aggressive anger.

Objectives


2. Identify pain and hurt of past or current life that fuels anger (5/29/99).


Interventions

1. Confront/reflect angry behaviors in group and individual sessions.

2. Assign patient to read the book *Of Course You'Re Angry* (Rosellini and Worden) or *The Angry Book* (Rubin).

1. Assign patient to list experiences of life that have hurt and led to anger.

2. Using role-playing techniques, assist patient in developing non-self-defeating ways (e.g., assertive use of “I messages”) of handling angry feelings.

Diagnosis: 312.34 Intermittent Explosive Disorder
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High Externalizers

Clients using externalizing coping strategies have better treatment outcomes when behavioral, symptom-oriented interventions, or specific techniques for building skills are used. In contrast, they do relatively poorly with techniques that attempt to enhance awareness and create insight (Beutler et al., 1991; Beutler & Clarkin, 1990; Beutler, Harwood, et al., 2003; Kadden, Cooney, Getter, & Litt, 1990). Techniques that are likely to be effective with externalizers include:

- Social skills enhancement.
- Assertiveness training.
- Group interventions.
- Anger management.
- Graded exposure.
- Reinforcement.
- Contingency contracting.
- Behavioral contracting.
- Questioning dysfunctional beliefs.
- Practicing alternate thinking.
- Stimulus control.
- Thought stopping.
- Counterconditioning.
- Relaxation.

High Internalizers

High internalizers benefit the most from techniques that emphasize the development of insight and the development of emotional awareness (Beutler et al., 1991; Beutler & Clarkin, 1990; Beutler, Harwood, et al., 2003; Kadden et al., 1990). Specific techniques might include:

- Cathartic discharge.
- Therapist-directed imagery.
- Dream interpretation.
- Direct instruction.
- Outside reading (bibliotherapy).
- Interpreting transference reactions.
- Interpreting resistance.
- Two-chair work.