



Talking
therapies



TREATMENT PLAN

Case No:

Problem List

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Goals

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

Assessment

Childhood Experiences

Working Hypothesis

Main Core Beliefs:

(Self) _____

(Other) _____

(World) _____

Underlying Assumptions

Activating Situation

Precipitants

Treatment Plan Including Interventions

Predicted Obstacles (Inc. reason for prediction)

How do you plan to overcome these obstacles?