

Golden Thread Illustration

Diagnostic Assessment identifies mental health needs and baselines for functioning:

"Michael currently expresses anger through verbal and physical aggression 12-15 times per week."

Individual Treatment Plan establishes treatment goals and objectives and specifies strategies and methods for treatment of the needs identified in the diagnostic assessment:

Long-Term Goal 1: Michael will understand, process and manage his anger.

Short-Term Goal 1: Michael will understand how the events and memories of trauma that affect his emotions.

Short-Term Goal 1, objective 1: By connecting the emotions with the behaviors, Michael will understand he is the only one who can control his responses.

Short-Term Goal 1, objective 2: By identifying thinking errors when he makes blaming statements or fails to take responsibility for own.

Service strategy: Individual psychotherapy using cognitive behavioral therapy provided once per week by mental health professional.

Long-Term Goal 2: Michael will decrease his verbal and physical aggression from 15 times a week to 10 times a week.

Short-Term Goal 2a: Michael will learn and maintain 2 soothing skills during the next 4 weeks.

Short-Term Goal 2b: Michael will learn and maintain 2 conflict resolution skills during the next 4 weeks.

Short-Term Goal 2c: Michael will demonstrate and maintain soothing and conflict resolution skills for two weeks after the skills have been mastered and implemented.

Goal 2a, objective 1: During the first week Michael will learn, practice and master "blow up the balloon" skill to regulate him self. Michael will demonstrate the skill 5 times out of 5 times during the skills session and implement it 5 times a week.

Goal 2a, objective 2: During the second week Michael will learn, practice and master "stop, think and act" to chose his responses. Michael will demonstrate the skill 5 out of 5 times during the skill session and implement it 5 times a week.

Goal 2b, objective 3: During the third week Michael will learn practice and master " "I got you" skill to avoid conflict, he will demonstrate the skill 5 times out of 5 times during the skill session and implement it 5 times a week.

Goal 2b, objective 4: During the fourth week Michael will learn, practice and master "who is in charge" skill to follow rules, he will demonstrate the skill 5 times out of 5 times during the skill session and implement it 5 times a week.

Goal 2c, objective 5: During the fifth week Michael will demonstrate mastering of the 4 skills during the session and maintain those for 2 weeks.

Service strategy: Skills training services provided in-home by mental health practitioner twice per week, two hours each session.

Progress Notes identify the services implemented from the Individual Treatment Plan objectives in meeting the needs identified in the Diagnostic Assessment, and the client's response or success in meeting the objective:

4/20/10
Individual
Psychotherapy
1:00 – 2:00 pm

During today's session Michael and I reviewed the events that precipitated the initial complaint. Michael's recollection of his early childhood exposure to violence provided an association to his primary relationship with his caregivers. This writer used the opportunity to interpret and reframe his suffering, not because he could not protect his mother but because they both were targets for his father's moods - moods Michael could not control by being good and helpful - In this session we reached ST Goal 1, objective 2.

J. M. Therapist, M.A., LMC77, 4/20/10

4/21/10
4:30 – 6:15 pm
Individual
Skills

Met with Michael at his home and worked on Goal 2, objective 1 and practiced "blow up the balloon". Michael was able to perform the skill 5 out of 5 times. Objective #1 mastered!! LTG Progress: His anger outburst have decreased from 15 to 11 times a week. Michael reported his cousins are coming over for spring break and he does not like when they use his video game. We role played situations in regard to that and he stated he wants the spring break to be fun. Plan: Next week will work on Goal 2, objective 2.

J. M. Practitioner, BSW, 4/22/10