

SAMPLE TREATMENT PLAN

Patient Name: **X**

Date of Birth: **X**

Date of Review with Patient: **X**

For Professional Services (CPT): **90834 Psychotherapy, 45 minutes with patient**

Diagnosis Code ICD-10-CM: **F34.1 Persistent Depressive Disorder**

Treatment Modality: **Relational Psychodynamic & CBT**

Relational Psychodynamic Treatment Goals¹:

1. Increased capacity to experience and manage multiple affective states and to enjoy a full range of emotion.
2. Increased access to multiple aspects of the self without shame.
3. Ability to comfort and soothe oneself and to be self-reflective
4. Ability to accept responsibility.
5. Ability to tolerate ambiguity and uncertainty.
6. Ability to be more truthful with oneself.
7. Ability to think more creatively and openly about one's past rather than continue to repeat it.
8. Relief from internal constraints and rigidities that have become problematic.
9. A more imaginative and creative mind.
10. Increased capacity to love and to work; self-efficacy.
11. To engage in more meaningful and redemptive relationships.
12. Hope.

CBT Treatment Goals:

1. Understand how thoughts determine feelings and behaviors.
2. Identify and propose alternatives to distorted thoughts.
3. Challenge negative core beliefs about self, other, and future.

Personal Treatment Goals:

1. Take more risks socially; confront fears of rejection.
2. Understand anxiety around ambition and success.
3. Find and pursue more meaningful activities.
4. Reduce feelings of shame.

Additional Goals:

1. Continue to meet with psychiatrist.

¹ From *Core Competencies of Relational Psychoanalysis: A Guide to Practice, Study and Research*. (2017). Roy E. Barsness, Ed. United Kingdom: Taylor & Francis.