Treatment Planning: A Primer

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A Comprehensive Case Write-Up

- Assessment results (multimodal/multimethod)
- Psychosocial write-up
- Diagnosis
- A SMART treatment plan

Treatment Planning

- A general guide for a SMART Tx Plan:
  - _______ – prioritized concrete goals
  - _______ – partialized and observable
  - _______ – attainable within time frame
  - _______ – for the client, setting, time frame
  - _______ – set a date
- Contracting & Evaluation
A Comprehensive Treatment Plan
“DO A CLIENT MAP” (Seligman, 1996)

- Diagnosis
- Objectives
- Assessment
- Clinician
- Location
- Interventions

- Emphasis
- Number of People
- Timing
- Medication
- Adjunct Services
- Prognosis

Diagnosis

- 5 axis diagnosis
- Axis I – ________ Disorders
- Axis II – ________ Disorders
- Axis III – General Medical Condition
- Axis IV – Psychosocial and Environmental Problems
- Axis V – Global Assessment of Functioning

A Sample Diagnosis

- I: 304.20 Cocaine Dependence
  - Be SURE to include justifications
- II: Borderline Personality Disorder
- III: High blood pressure
- IV: Threat of job loss, pending divorce
- V: GAF = 55 (current)
Objectives

- Short-Term Goals –  
  - Examples – Client will:
    - Sign a no-harm contract
    - Be admitted to inpatient detox
    - Abstain from Internet use for 2 weeks
    - Identify triggers for use/relapse
    - Identify and secure a sponsor

Objectives

- Mid-Term Objectives –  
  - Examples – Client will:
    - Complete a First Step
    - Obtain 3 non-using friends
    - Participate in couples counseling to resolve conflict
    - Identify and practice 4 stress management strategies

Objectives

- Long-Term Objectives –  
  - Examples – Client will:
    - Finish Associates Degree at local community college
    - Identify maladaptive familial patterns
    - Complete first 6 steps
    - Maintain a healthy diet/exercise program
Assessment

- What kind of ________ techniques are available?
  - CAGE
  - SUBSTANCE-Q
  - Structured interview with diagnostic criteria in mind
  - Gather info from significant others

- What kind of ________ instruments are available?
  - SASSI-3
  - Addiction Severity Index (ASI)
  - MAST
  - SAST

Clinician

- Identify a suitable counselor for the client
  - Gender
  - Age
  - ______________
  - Expertise

Location

- Based on severity, _____________, previous Tx, cost (insurance?), & client preferences

- Some options:
  - Inpatient Hospitalization
  - Inpatient Residential
  - Intensive Outpatient
  - Outpatient
  - Therapeutic Community
Interventions

- What Treatment Model is best for this client (e.g., Integrated, Minnesota, MI, etc.)?
- Appropriate interventions for most clients
  - Focus on:
    - Developing concrete usable skills
    - Developing alternative methods of:
      - Coping, stress reduction, assertiveness, relaxation
      - Problem solving, socialization, anger management

Emphasis

- How the Tx model will be adapted to the individual client
  - Low vs. high motivation
  - Resistant & resilient vs. poor reality testing & fragile
  - Going beyond the presenting issue

Number of People

- How many people will be involved? (more than one modality is the norm)
  - Individual counseling
  - Couples counseling
  - Family counseling
  - Group counseling
Timing

- _______ of sessions
- _______ of sessions
- _______ of sessions
- Pacing and sequence

Medication

- Is a medication evaluation appropriate?
- Referral to a psychiatrist
- Some common meds:
  - Detox: Librium, Ativan, diazepam
  - Maintenance: Methadone, LAAM
  - Aversive: Antabuse (disulfiram)
  - Other MH concerns: Antipsychotics, SSRIs, Mood stabilizers, etc.

Adjunct Services

- Sources of assistance outside the counseling relationship
  - _______
    - Vocational/Educational
    - Financial planning
    - Living environment
  - _______
    - Legal
    - Leisure/socialization
Prognosis

- The likelihood that objectives will be reached
- Based on the course of D/O, coexisting D/O, support systems, client expectation, ______
- Terms to use – excellent, very good, good, fair, poor, and guarded