

SAMPLE TREATMENT PLAN OBJECTIVES

Dimension 2:

Dave will manage his response to pain with a mindful cognitive reframe practiced in session when his pain levels become uncomfortable. He will self-report at session to writer his discoveries.

Dave will manage his response to minor withdrawal symptoms by slow mindful breathing whenever withdrawal symptoms arise. He will log his results/discoveries and discuss at session.

Dave will receive his naltrexone injection every 28 days over the next three months and report to his counselor the appointments kept.

Dimension 3:

Dave will manage his post-acute withdrawal anxiety by using the emotional freedom technique when his anxiety reaches an uncomfortable level. He will log his discoveries and report at session.

Dave will glean insights regarding his anger by practicing patience via seated mindfulness ten minutes, five days per week. He will log his insights/discoveries and report at session.

Dimension 4:

Dave will explore his need for attending intensive outpatient by keeping his three scheduled appointments with counselor.

Dave will discuss three reasons why therapy is not good for him over the next three sessions.

Dimension 5:

Dave will log his cravings for pot over the next two weeks and record in the record log provided by counselor.