

T R E A T M E N T P L A N

Client Name: John Smith (not his real name) **Intake Date:** 6/15/98

Identifying Information: 45yr old caucasian male living with female partner of 7 years, working in industrial sales; Vietnam veteran; married in early 20's and later divorced, one female child in the mid-west

Treatment Plan			
Issue	Assessment	Method	Goal/Date
major depression r/o PTSD	fatigue, despondency, anxiety attacks, weight loss, job stressors	medication assessment; processing sadness, anger, losses	euthymic mood 6/99
traits: rebelliousness, controlling, criticizing, performing; martyrdom & self-punishment, perfectionistic striving	traits draw negative responses from others who distance themselves	strengthen observing ego; link traits with family of origin; expressing authentic emotion; dis-identifying from 'self'	capacities to follow others; to accept and give feedback, accommodate failures maturely 6/99
impulsive explosions of anger	reports episodic raging sparked by small daily frustrations	exploring history of disappointments, family of origin; anger management training	successful expressions of anger and underlying emotions 6/99
current sobriety threatened	significant history of abuse of alcohol and other drugs as coping attempts	AA meetings, sponsor & the steps; linking intoxication with inefficient self-soothing	successful self-soothing and continued sobriety 6/99
loss of mid-life meaning	reports that hopes, dreams re: new career and life seem diminished; reports loss of religious beliefs	discuss what is meaningful to him, contrast with current efforts; diminish blocks to meaningful engaging	meaningful engagements in life 6/99
narcissistic wounds	reports repeated 'slights' by others and his erupting in anger	observations of the cycle; development of empathy; contact with own full emotional spectrum	empathy re: others' emotions & behavior 6/99

Axis I	296.23 major depression r/o post-traumatic stress disorder		
Axis II	narcissistic traits		
Axis III	mini-strokes re: medication? 5/99		
Axis IV	3 moderate (trouble with boss; alienated from significant others)		
Axis V GAF	Current: 51	Best: 80	Discharge: 75