

Counseling Treatment Plan

| Patient Information | |
|--|---|
| Name: Marcus Chen | Date of birth: March 15, 1992 |
| Age: 32 | Gender: Male |
| Session date: January 17, 2025 | Counselor: Dr. Rachel Thompson, Ph.D. |
| Session frequency: Weekly | Treatment duration: Initial 12 weeks |
| Assessment summary | |
| Current concerns/challenges: | Relevant history and background: |
| Experiencing moderate anxiety symptoms, particularly in work-related situations Reports difficulty with public speaking and team presentations Sleep disruption (averaging 5-6 hours/night) Increasing social withdrawal from professional networking events Physical symptoms include racing heart, sweating, and occasional panic attacks | First anxiety symptoms emerged during graduate school (2018) No prior mental health treatment Family history of anxiety (maternal side) Successfully managed academic pressure through undergraduate years Recent promotion to senior project manager (6 months ago) Strong support system through family and close friends No current medication |
| Treatment goals | |
| Primary goals: | Secondary goals: |
| <ul style="list-style-type: none">- Reduce frequency and intensity of anxiety symptoms in workplace situations- Develop and implement effective coping strategies for public speaking- Improve sleep quality to 7-8 hours per night- Successfully deliver team presentations without significant anxiety interference | <ul style="list-style-type: none">- Build confidence in professional social situations- Establish sustainable work-life balance practices- Create graduated exposure plan for networking events- Develop preventive strategies for managing future stress triggers |
| Treatment approach/interventions | |
| Cognitive Behavioral Therapy (CBT) focusing on work-related anxiety Progressive muscle relaxation and breathing techniques Sleep hygiene education and implementation Exposure therapy for public speaking scenarios Mindfulness-based stress reduction techniques | |
| Other treatment detail | |
| Collaboration with workplace EAP program as needed Referral to sleep specialist if sleep issues persist after 6 weeks Monthly progress evaluation using standardized anxiety assessments Consider referral for psychiatric evaluation if symptoms significantly impact daily functioning | |
| Additional notes | |
| Client shows high motivation and engagement in therapy process. Strong analytical skills can be leveraged for CBT work. Initial focus on immediate work presentations scheduled for next month, then expanding to broader anxiety management strategies. Client agrees to complete weekly thought records and practice relaxation techniques daily. | |
| Counselor's signature: Dr. Rachel Thompson | Date: January 17, 2025 |

Update On Christian Counseling

Joacim Rocklöv



Update On Christian Counseling:

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