

## Adjustment disorder treatment plan

<b>Client</b>	Laura Green
<b>Diagnosis</b>	Adjustment Disorder with Anxiety
<b>Goal</b>	Develop effective coping mechanisms for managing stress from a recent job change.

<b>SMART Objective</b>	The Client will reduce work-related anxiety by 30% in 4 weeks, as measured by the GAD-7, through coping skills and stress management techniques.
<b>Interventions</b>	<ul style="list-style-type: none"><li>• Teach stress management techniques such as deep breathing and progressive muscle relaxation.</li><li>• Develop a list of positive coping strategies for work-related stress.</li></ul>
<b>Progress Measures</b>	<ul style="list-style-type: none"><li>• Weekly GAD-7 assessments.</li><li>• Client's self-report of stress and coping effectiveness.</li></ul>

# Work Adjustment Intervention Manual

**SA Adler**



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