

# Counseling Treatment Plan

Client Name: Sandra

## DIAGNOSIS

F10.10 Alcohol Use Disorder, Mild  
F41.1 Generalized Anxiety Disorder  
F43.10 Posttraumatic Stress Disorder

## PROBLEM STATEMENT

Sandra reports excessive alcohol use as a coping mechanism for managing underlying anxiety related to unresolved childhood trauma, impacting her emotional well-being and daily functioning.

## GOAL STATEMENT

To increase Sandra's motivation and develop her coping skills to maintain sobriety from alcohol, enhance her emotional regulation, and improve her overall mental health within a six-month period.

## INTERVENTION 1

Conduct motivational interviewing over the next 3 sessions to enhance Sandra's motivation for sobriety, culminating in the creation of a personalized action plan with specific, achievable targets for reducing alcohol use by 50% within the next three months.

Schedule and attend weekly sessions to monitor progress and adjust goals as needed, ensuring continuous engagement and relevance to her developing needs.

## INTERVENTION 2

Integrate Gestalt therapy experiments and interventions in weekly sessions for the next 2 months to aid Sandra in identifying, expressing, and managing her emotions linked to anxiety and alcohol use.

Teach specific coping skills, such as mindfulness and progressive muscle relaxation, in the first month, followed by a month of daily practice logs to measure adherence and effectiveness, aiming for Sandra to use these techniques at least once daily during high-anxiety moments.

## INTERVENTION 3

Implement weekly art therapy sessions for 3 months to explore the Gestalt Zones of Awareness, facilitating Sandra's ability to connect with her sensory, emotional, and intellectual responses.

Utilize guided imagery and other creative modalities to help Sandra document and review her experiences in therapy, with the goal of Sandra independently identifying and discussing at least one new insight per session about her emotional states or reactions.

Jennifer Ackerson

COUNSELOR



COUNSELOR SIGNATURE

January 5, 2024

DATE