

SMART TREATMENT PLAN EXAMPLE

Client Meeting Summary:

Arthur is a 40-year-old male who I met with on Tuesday, November 29, 2016. Arthur appeared to be exhausted, noted by his tired eyes and sadness in his face as he entered my office. When we began talking he said he was fine but then said that he was worried. He has been experiencing high levels of stress due to several areas in his life. His church is going through changes in leadership, and this is causing Arthur anxiety. During the session he talked about how this anxiety is causing sleepless nights. He receives a lot of emotional support from his church community so the issues within the church community are stressful for him. He reported that he wants to get more sleep each night because he knows it is better for his health.

Arthur volunteers in his community at a local food pantry. He recently had a very physical day at the pantry unloading food from the truck. He reported that he slept great that night and felt that more activity would increase his sleep at nights. We discussed the use of his Fitbit to help him keep track of his activity and sleep. Arthur stated he knows how to use the device and app on his phone. Arthur has reported using meditation in the past as well. I found a log online that I offered to Arthur to consider using to log his mediation daily. I printed off 5 of the weekly logs for him to take home. This log also has a place for him to write a brief note about how he felt each day. This will allow him to keep track of any new symptoms or triggers. This portion is optional, but available if Arthur would like to start using it. He said that he meditates some days but would like to make sure he does it daily. He has a breathing technique that he likes to use when he meditates. He will continue with that method.

He was concerned about lowering his stress during the holiday time, therefore, we set the goals for the next month. We will evaluate them after the holidays to see if they were effective. We will meet next week, as usual, and discuss his progress.

Goal 1: Arthur wants to improve his sleep and reduce his stress levels over the next month. His progress with these objectives will be reviewed at our January 10, 2017 meeting.

Barrier to Goal 1: Arthur is experiencing stress symptoms including sleepless nights.

Objective 1: He would like to achieve 6 hours of sleep each night for the next month, beginning on 12/1/16. He will wear his FitBit at night to measure and log his sleep.

Objective 2: He will begin on 12/1/16 to meditate twice a day, morning and night, for 15 minutes.

He will continue to do this for the month of December. He will use the log sheet I provided him to record each time he meditates.

Objective 3: He will go to the local gym, where he has a membership, three days a week and walk on the treadmill for 30 minutes while wearing his Fitbit to measure and log his time. He will begin on 12/1/16 and continue for one month.