Mental Health Treatment Plan Example

Fictional planning example. The goals, targets and session arrangements illustrate one case; they are not recommendations for another client or a complete treatment record.

Plan detail	Example
Client	DEMO-01, adult
Plan date	October 1, 2026
Planned review	November 12, 2026

Client's goal

“I want to decide what I share without spending every evening rehearsing it.”

Starting point

The client reports that worry about family conversations interrupted evening tasks on about three evenings per week over the previous two weeks. She wants to protect her privacy and has not decided whether to tell her sister about therapy. No safety concerns were identified at assessment.

Objective 1: Clarify choices and boundaries

Target: By October 15, identify two situations that prompt repetitive worry and two boundaries she would want respected in a family conversation.

How progress will be reviewed: Client-selected examples and discussion in session.

Planned clinician support: Help the client distinguish her options, expected reactions and preferred boundaries.

Objective 2: Reduce disruption to evening activities

Target: By the November 12 review, reduce evenings when this worry interrupts tasks from about three to one or fewer per week, assessed over two weeks.

How progress will be reviewed: Brief weekly client reports of interference with evening activities.

Planned clinician support: Review patterns, explore untested expectations and practice a client-chosen response to repetitive worry.

Sessions and review

Client and clinician agreed to weekly individual sessions of approximately 50 minutes during an initial six-week period. Review progress together on November 12, or earlier if needs or preferences change, and revise the plan accordingly.

Client preferences

The client wishes to preserve her privacy while considering her options. Telling her sister is not a treatment requirement or a measure of success.

Reviewing the AI draft

A treatment plan sets direction rather than recording a single session. The first AI-generated draft turned the client's open question into a treatment goal. The clinician corrected it before saving.

AI draft said	What the client agreed to
Goal: Client will disclose attending therapy to her sister by November 12.	The client has not decided whether to tell her sister. Disclosure is not a treatment goal.
Progress will be measured by completion of the disclosure conversation.	Progress is reviewed through clarified boundaries and fewer evenings interrupted by worry.

Use this as a planning reference. Actual goals, baselines, interventions and service arrangements must reflect the individual assessment and collaborative treatment decisions. This example does not establish diagnosis, medical necessity or payer acceptance.