

Treatment plan essay sample

[Psychology](#), [Motivation](#)



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Constructing a treatment and service plan for a client involves various components. Prior to starting a treatment plan the professional should carry out a client evaluation. The evaluation should determine the basis of the difficulty or issues and assess the back ground of the client. After the completion of the evaluation, a professional can start constructing an agreement to fulfill the needs of the client. The treatment plan should include goals that relate to the difficulties and issues the client is experiencing, this assessment will discuss the components of Mr. McCunes personalized treatment program. Detail of Treatment Program

Larry McCune is pursuing to address number of unmanageable issues that are affecting his life greatly. He was involved in a traffic accident that took his daughter from him about 4 years ago and since then he has been living with the burden. He suffers from severe headaches and nightmares about that horrible day that it interrupts his sleep. He has also developed a phobia for riding in cars and other forms of transportation. Larry has become very short-tempered at work and his behavior towards his colleagues is very uncivil which has left him with little friends. About a year ago Larry's significant other left him along with their 9 year old son. Larry is seeking help in improving himself and his unpleasant behavior towards others. The goals are to prevent the trauma caused by hallucinations and migraine that happen very often, to restrain the phobia about riding in a car and other means of transportation, to become more social, and be able to carry on with his life and his family.

Comments It would be beneficial for Larry to be examined for any kind of possible neurological problems. Severe headaches that he has been

experiencing could be the reason for this. Larry needs to be analyzed for depression and potential antidepressant treatment. Larry also requested for advice and I feel he would greatly benefit from it. Counseling session can enable Larry to manage his behavior and irritability for others and his fear of transportation. Larry resides alone and don't have much friends, I would suggest him to rejoin the church or other social groups where he can express himself and communicate with others. In time Larry would benefit a great deal from grief support. Possible sources for referral •Therapy for Individuals, Couples & Families (Re: anxiety, grief, and self-esteem) •Grief recovery support group

- Neurological rehabilitation center

Motivational Approaches The Last 4 years have been horrible for Larry. He requires a great deal of motivation to be in a position to achieve his goals. Larry is an engineer by profession and can be very successful in this type of field. Concentrating more on his job and thinking about new ideas can occupy his mind positively. Emphasizing Larry's strengths can also help to encourage him, for instance being employed, having his own place to live and being a father of another child. Larry's son can contribute in helping his father achieve his goals. Larry needs support from friends and family to help him overcome the difficulties he is experiencing. Another course to keep Larry motivated about making changes in his life style is to weigh out the strengths and the weaknesses regarding the goals and possible results of his treatment program (Mehr and Kanwischer, 2011).

Introduce this plan using a figure that clearly mentions the “ advantages and toll” of making or not making a specific decision. Implementation Strategies Following the development of his treatment plan by ensuring that he is content and confident about taking steps for making changes, the professional and Larry can assess the strategy before applying it. Larry should be knowledgeable about potential problems that may occur during the plan and what he needs to do if he encounters any difficulties. Larry should also request to have contact numbers and addresses of the agencies from where he will be completing his treatment as well as who will be scheduling his appointments. The client’s phobia about transportation is very crucial and will need to be resolved as it will allow him to travel to his appointments. As soon as the treatment strategy is analyzed and Larry becomes conscious of steps he needs to take first, the helper can arrange the follow up meeting or telephonic session to assess Larry’s progress.

Conclusion Larry has been facing many problems and gone through a lot of pain as result of a traffic accident that took place 4 years ago. He is yearning to resume to his life the way it was before the incident, although he knows it will never be the same, he would like to carry on in his life. The treatment strategy that was created for Larry will determine objectives to work for and equip Larry with enough resources to achieve his objectives and improve his life. Many motivational plans will be utilized to provide Larry the encouragement to attain these goals. As he will be involved in the treatment planning procedure he will be aware of the potential issues and how to tackle these problems that may halt his progress. Motivation is key for treatment effectiveness because positive and lasting results most likely occur when a

client becomes actively engaged and personally invest in change (Overholser, 2005; Ryan & Deci, 2008).

References

1. Overholser, J. C. (2005). Contemporary Psychotherapy: Promoting personal responsibility for therapeutic change. *Journal of Contemporary psychotherapy*, 35, 369-376.
2. Summers, N. (2012). *Fundamentals of case management practice: Skills for the human services*, Chapter 22, (4th Ed.). Belmont, CA: Brooks/Cole, Cengage Learning.