Creating a Treatment Plan

Name

Institution

Date

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***Diagnosis***

For effective treatment to take place then it is important for one to follow guidelines which have been set towards treatment of a certain illness. During this stage some important assessment has to be made and this include some activities like knowing the information of the mental disorders of a person. This will enable one to know the factors that can bring about stress. Diagnosis is the foundation step of the treatment process. After diagnosis has been made the medics are able to develop an effective treatment plan. For one to formulate the treatment plan a number of factors must be considered. Of important consideration is that one must identify treatments that are most likely to be ineffective (Leonhardt et al., 2018).  
   ***Objectives (O)***

The treatment objectives should always be made in collaboration with the client. Objectives should be made by using the already available information. It is also important to consider the cost and the resources that are readily available when making the objective. It is always advisable that the client and the clinician should work together so that they can create a treatment plan. In this stage the clinician should always be ready for change. The clinician should always know how to handle the mental disorder of the person. The whole process of change is not linear and therefore it is important for the clinician to recognize the pre-treatment stage of the person (Gormley et al., 2018).

***Assessment (A)***

When developing the treatment plan for a client it is important for one to first understand the person. In this stage it is important to gather data from the following dimensions: the mental status of the person, the cultural and the religious background of the person, behavior of the person, intelligence and the learning ability of the person, the demographic characteristics, the family of the person and lastly the education or the occupation history of the person. Clinicians should also collect relevant records and physiological test results records of the client. This will enable the clinician to formulate the correct treatment plan. In the initial stages of the treatment plan the clinician should collect much information as possible. The client can also use the inventories to assess the aspect of the person. Assessment is important in the whole process of treatment and therefore it should be carried out with caution (Gormley et al., 2018).

***Clinician (C)***

A clinician should focus on all the assessment and the treatment planning issues. This is usually a comprehensive system that usually require the counselor to consider a wide range of factors and this can then be used in the whole process of the treatment plan. There are mainly four objectives of treatment. The main objective is to reduce and monitor any suicidal thoughts that the person may be experiencing and this will directly help to keep the client safe. The second objective is to reduce any symptoms of depression. The third of objective of the treatment plan is to identify the relationship patterns that exist and to make this relationship positive. The fourth objective is to reduce symptoms that are related to posttraumatic stress disorder. There are several steps which are followed when formulating a treatment plan (Leonhardt et al., 2018).

***Location (L)***

The treatment location is usually determined by a number of factors. These factors mainly include: diagnosis and the mature of the symptoms, the objectives of the treatment and the cost of the treatment. All these factors should be considered when performing a treatment of the person. It is important to match the needs of the person with the specific treatment. This will also enable one to achieve the correct type of treatment. The decision about the treatment process must always be considered as part of the treatment plan. Depending on the nature of the symptoms the clinicians should decide on whether the patient should be placed on hospitalization treatment or inpatient treatment. Inpatient treatment should be adhered to if there are cases of suicide attempt (Richardson et al., 2018).

***Interventions (I)***

Once the medic has identified the treatment plan then the next step is for him or her to identify the approaches that can be used when treating the person. The differences in the outcomes are usually occur because different clinicians use different theoretical model. Then it is important for the clinician to understand the therapeutic approaches and this will enable him/her to know the variables of the client. There is no therapeutic orientation which has been found to be more effective than others. Therefore, the clinician should always stick to a therapeutic orientation that they have knowledge in it (Holt et al., 2018).

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***Emphasis (E)***

The variation in the implementation of the different therapies usually increase the diversity of the approaches. Clinicians should adapt the different models of the psychotherapy and this will help them to meet the needs of their clients. There are many ways in which a clinician can adapt the treatment process of an individual. The directive approach can be used by the clinician to observe the behavior of the person. In this approach the therapist identifies the target concerns. In general, the directive approach is mainly used do as to attain a goal (Richardson et al., 2018).

***Number of People (N) or Modality***

The clinician must decide on the number of people that will be treated. There are so many disorders like the OCD which are best treated one person at a time. substance use disorders are best treated with a family. It is therefore the responsibility of the clinician to know the correct number of people that can be treated one person at a time. individual therapy has shown more success since the therapist only focuses on one person at a time. This therapy can be used for the people who have urgent disorders like the intrapsychic difficulties. This therapy has some disadvantages and one of them is that it does not give the clients an opportunity to receive feedback. This therapy gives the therapist only one source of information about the client (Holt et al., 2018).

***Timing (T)***

A client is advised to take about fifty minutes of therapy each day. One session of the week’s lesson the therapist can use it to provide a supportive therapy. This is usually done towards the end of the treatment. The duration of the therapy usually varies from one place to the next place and therefore it is difficult to predict. A research which was carried out most recently shows that the clients who had relationship problems are the ones who are likely to benefit from the single treatment session. Researches are yet to find out the most specific training length for each disorder. Studies have shown that short-term treatment can have a positive impact in some disorders. The training session is usually determined by a number of factors and they include: client’s readiness for change and the motivation of the client (Leonhardt et al., 2018).

***Medication (M)***

The most recent research indicates that the psychotherapy and medication usually increase the effectiveness of a certain treatment. For instance, people who are suffering from schizophrenia require medication that will help them to lower the rate of the repulse. In their research Kendall and Lipman found out that psychotherapy and medication are very important during the treatment process. Medication enables the clients to make better use of psychotherapy. The compliance with the therapy will help to determine the type of medication that the client will receive. Medication is mainly used to treat the vegetative symptoms (Leonhardt et al., 2018).

***Adjunct Services (A)***

Adjunct services are mainly used to provide additional sources of support. For examples the training skills of the parent can be used to adjust the treatment of the child. Nutrition counselling is important because it helps people with eating disorders to develop realistic goals and this will help to enhance quick recovery. For example, a personal who has lost a family member due to suicide will be able to get over it by attending peer support groups which consists of the people with the same problem. Couple counselling usually helps the family to understand the client better. Adjunct services should be used to reinforce the goals of the client (American Psychiatric Association, 2013).

***Prognosis (P)***

Prognosis means the likelihood of the client to achieve objective when treated fairly. Prognosis mainly depends on the two values and they mainly include: nature of the disorder and client’s motivation on how he/she can bring about the positive changes. This means that the medics should adhere to the treatment approach that have received much empirical support. Many empirical approaches have been developed for various disorders and therefore the clinician should decide on which one to use (American Psychiatric Association, 2013).

**References**

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