

# TREATMENT PLAN - SAMPLE

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## DIAGNOSTIC SUGGESTIONS

ICD-10-CM  
F90.9

DSM-5 Disorder, Condition, or Problem  
Unspecified Attention-Deficit/Hyperactivity Disorder

## BEHAVIORAL DEFINITIONS

1. Behavioral Definition 1: Specific behavior related to the client's diagnosis.
2. Behavioral Definition 2: Additional behavior or symptom.

## LONG-TERM GOALS

1. Goal 1
2. Goal 2
3. Goal 3

## SHORT-TERM OBJECTIVES

1. Objective [Specific, measurable objective]
2. Objective [Specific, measurable objective]

## THERAPEUTIC INTERVENTIONS

1. Intervention [Therapeutic intervention to achieve the objective]
2. Intervention [Therapeutic intervention to achieve the objective]
3. Intervention [Therapeutic intervention to achieve the objective]
4. Intervention [Therapeutic intervention to achieve the objective]
5. Intervention [Therapeutic intervention to achieve the objective]
6. Intervention [Therapeutic intervention to achieve the objective]

## TREATMENT FREQUENCY

1X/WEEK

## PROGRESS EVALUATION - 6 MONTHS

1. How progress will be measured, e.g., symptom reduction, behavior change, client self-report, etc.
- 2.

### SHORT-TERM OBJECTIVES

1. Objective [Specific, measurable objective]

2. Objective [Specific, measurable objective]

### THERAPEUTIC INTERVENTIONS

1. Intervention [Therapeutic intervention to achieve the objective]

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### TREATMENT FREQUENCY

1X/WEEK

## PROGRESS EVALUATION - 12 MONTHS

1. How progress will be measured, e.g., symptom reduction, behavior change, client self-report, etc.
- 2.

### Client and Therapist Signature

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Client Signature

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Therapist Signature