**Treatment Plan**

 **Primary Problem:** Depression

 Behavioral Definition

  Loss of appetite.

  Diminished interest in or enjoyment of activities.

  Poor concentration and indecisiveness.

  Feelings of hopelessness, worthlessness, or inappropriate guilt.

  Social withdrawal.

  Depressed affect.

  Low self-esteem.

  Sleeplessness or hypersomnia.

 Long-term Goals

  Alleviate depressed mood and return to previous level of effective functioning.

  Develop the ability to recognize, accept, and cope with feelings of depression.

  Develop healthy cognitive patterns and beliefs about self and the world that lead to alleviation of

 depression symptoms.

 Short-Term Objectives/Therapeutic Interventions

  Describe the signs and symptoms of depression that are experienced.

 Entry Date: 4/13/2001 Target Date: 4/30/2001 Projected Sessions: 2 Critical?: Yes

  Explore how depression is experienced in patient's day-to-day living.

 Entry Date: 4/13/2001 Provider: Arthur E. Jongsma, PhD

  Encourage sharing feelings of depression in order to clarify them and gain insight as to causes.

 Entry Date: 4/13/2001 Provider: Arthur E. Jongsma, PhD

  Verbally express understanding of the relationship between depressed mood and repression of

 feelings-that is, anger, hurt, sadness, and so on.

 Entry Date: 4/13/2001 Target Date: 5/3/2001 Projected Sessions: 4 Critical?: No

  Encourage patient to share feelings of anger regarding pain inflicted on her in childhood that

 contributes to current depressed state.

 Entry Date: 4/13/2001 Provider: Arthur E. Jongsma, PhD

  Explain a connection between previously unexpressed (repressed) feelings of anger (and

 helplessness) and current state of depression.

 Entry Date: 4/13/2001 Provider: Arthur E. Jongsma, PhD

  Identify cognitive self-talk that is engaged in to support depression.

 Entry Date: 4/13/2001 Target Date: 5/28/2001 Projected Sessions: 6 Critical?: Yes

  Assist in developing awareness of cognitive messages that reinforce hopelessness and

 helplessness.

 Entry Date: 4/13/2001 Provider: Arthur E. Jongsma, PhD

  Replace negative and self-defeating self-talk with verbalization of realistic and positive cognitive

 messages.

 Entry Date: 4/13/2001 Target Date: 7/3/2001 Projected Sessions: 8 Critical?: Yes

  Help the patient keep a daily record that lists each situation associated with the depressed feelings

 and the dysfunctional thinking that triggered the depression. Then use logic and reality to

 challenge each dysfunctional thought for accuracy, replacing it with a positive, accurate thought.

 Entry Date: 4/13/2001 Provider: Arthur E. Jongsma, PhD

  Assign patient to keep a daily journal of experiences, automatic negative thoughts associated with

 experiences, and the depressive affect that results from that distorted interpretation. Process

 journal material to diffuse destructive thinking patterns and replace with alternate, realistic,

 positive thoughts.

 Entry Date: 4/13/2001 Provider: Arthur E. Jongsma, PhD

  Assigned homework for From Here to Where?

 Entry Date: 4/13/2001 Provider:

  Make positive statements regarding self and ability to cope with stresses of life.

 Entry Date: 4/13/2001 Target Date: 7/17/2001 Projected Sessions: 8 Critical?: Yes

  Reinforce positive, reality-based cognitive messages that enhance self-confidence and increase

 adaptive action.

 Entry Date: 4/13/2001 Provider: Arthur E. Jongsma, PhD

  Assign patient to write at least one positive affirmation statement daily regarding himself/herself

 and the future.

 Entry Date: 4/13/2001 Provider: Arthur E. Jongsma, PhD

  Decrease frequency of negative self-descriptive statements and increase frequency of positive

 self-descriptive statements.

 Entry Date: 4/13/2001 Target Date: 6/17/2001 Projected Sessions: 8 Critical?: Yes

  Assign exercise of patient talking positively about self into a mirror once per day.

 Entry Date: 4/13/2001 Provider: Arthur E. Jongsma, PhD

  Reinforce patient's positive statements made about self.

 Entry Date: 4/13/2001 Provider: Arthur E. Jongsma, PhD

  Assign patient to write at least one positive affirmation statement daily regarding himself/herself

 and the future.

 Entry Date: 4/16/2001 Provider: Arthur E. Jongsma, PhD

  Assigned homework for Define Failure/What Kept You From It?

 Entry Date: 4/13/2001 Provider: Arthur E. Jongsma, PhD

  Implement a regular exercise regimen as a depression reduction technique.

 Entry Date: 4/23/2001 Target Date: Projected Sessions: 10 Critical?: No

  Develop and reinforce a routine of physical exercise to stimulate depression-reducing hormones.

 Entry Date: 4/23/2001 Provider: Arthur E. Jongsma, PhD

  Recommend that the patient read and implement programs from Exercising Your Way to Better

 Mental Health (Leith).

 Entry Date: 4/23/2001 Provider: Arthur E. Jongsma, PhD