

Therapist talked with clt, 14, and their guardian to complete this care plan update. At the time of this update, clt's affective and behavioral presentation appear to be consistent with a diagnosis of Primary - F43.8 - Other specified trauma and stressor-related disorder. The clt is currently experiencing the following symptoms for which continued service is needed: lack of motivation in the school setting, relationship with family members, lying to guardians, and emotional instability. Clt's guardian states "She is doing better with using her coping skills" Clt stated "I need to take better care of myself" Since the last update, clt has made the following progress toward their treatment goals: slight progress managing her emotions. The following barriers have impacted the clt's progress since the last update: clt's lack of motivation. At the time of update, the goal of treatment, as identified by guardian is "take better care of herself" and clt stated "honesty." To help the client achieve the desired clinical goals, I recommend, and the clt and their guardian agree to participate in the following treatment modalities, Individual School-Based Therapy sessions to 2 times per month and family therapy as needed. Clt is not receiving medication management. Therapy will be decreased to 1 time per month, when the client demonstrates an increase in appropriate emotional expression and coping for at least one month. Clt and guardian participated in creating this careplan.

- Strengths:
  - o "loves to attempt anything"
- Needs:
  - o CLT identified no needs at this time. Grandmother/guardian states "learn how to deal. How to speak in a fashion that is productive and not counterproductive (negativity). Be more responsible"
- Abilities:
  - o "skateboarding" "playing guitar for other people" "soccer" "color"
- Preferences:
  - o School based therapy
    - - o
        - Goal:
          - Client will improve self-esteem and a sense of empowerment.
          - Objective:
            - Client will identify 3-5 stressors/ factors that may trigger stress and identify coping skills to prevent stress responses or intense emotional reactions.
            - Caregiver(s) and Client will develop a written bedtime routine that assists the client in maintaining regular sleep hours.

- Client will engage in 50% less acts of self-harm.

Goal:

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    - Client will demonstrate increased competence to manage their own personal self-care needs and relationships.
    - Objective:
      - Client will develop and utilize 3 new behavioral strategies to overcome distressed mood and improve self care (e.g. exercise, journaling, and increased social involvement).
      - Using play therapy techniques, client will identify and express 1-2 feelings per session that contribute to conflict in daily life and learn/practice 1-2 examples of pro social and cooperative behavior.
      - Caregiver(s) will revise 1-3 previous responses to the child's behavior and implement significantly different reactions.