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COPING SKILLS TREATMENT PLANNING WORKSHEET

The purpose of this worksheet is to help you work prospectively. The worksheet will help you to organize your thoughts and flow of treatment. Look forward in time and plot the steps needed to accomplish the treatment goals.

- 1) What is the presenting problem?

- 2) Does the presenting problem recur regularly? What are the steps leading to the presenting problem? Describe the cycle that perpetuates it?

- 3) What is the patient's goal (or goals)? What does the patient want?

- 4) What has to be put in place to accomplish that goal? What skills and attitudes need to be in developed?

- 5) Skill assessment:

- a) Is that skill present? Yes _____ No _____ If yes, is it sufficiently developed? _____
b) If that skill is present and developed, is it used in the proper amount or used to excess?
Proper amount _____ Used excessively _____
c) Is that skill used in the appropriate context or in the wrong context? If a wrong context, what is the appropriate context for it?

- d) Are those skills used in the appropriate sequence? If used in the wrong sequence, what would be the appropriate sequence?

- 6) What is preventing the patient from naturally reaching the goal on his/her own? What are the barriers to goal attainment? Where is the patient stuck in moving forward? What is keeping the patient stuck?

- 7) What skills or change in thinking is necessary to overcome those barriers or stuck points?

- 8) What goals do you have for the patient as the provider?

- 9) What skills will the patient need to learn to accomplish the therapist's goals?

- 10) After presenting those goals to the patient, is he or she ready to accept learning the skills to accomplish the therapist's goal for the patient? Yes _____ No _____

- 11) Taking into consideration the patient's and therapist's goals, plot the order for training skills and developing attitudes.

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

Step 7:

- 12) What roles will the therapist have to assume with this patient?

- 13) What strategies will the therapist pursue with this patient?

- a) Response substitution tactic _____
- b) Response facilitation tactic _____
- c) Response prevention tactic _____
- d) Stimulus substitution tactic _____
- e) Stimulus prevention tactic _____