

# Schroeder Family Counseling

## PLAN OF CARE

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

### BECOMING A PATIENT

Patients are accepted for care only when there is a good opportunity for help and/or recovery. You have been accepted because I feel that your situation can be helped.

### YOUR SITUATION/CONDITION

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### OUR GOAL

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### UNIQUE CIRCUMSTANCES

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### SCHEDULE OF CARE

Good progress is many times made in stages. You will need to work through some or all of the stages on the next page to give yourself the best chance to achieve the results you want. Certain stages may take several sessions. On the next page you will also find my best estimate of the care you may need.

I can not guarantee success - no one can - but this plan of care will encourage the best outcome.

## **SESSION FREQUENCY**

The frequency of your sessions is dependant on several factors and will be determined by your therapist. At this time we will start with sessions that are spaced \_\_\_\_\_.

## **INDIVIDUAL SESSIONS**

In each session we will spend some time:

1. reviewing the problem (and what has happened since the last session)
2. working on solutions.

The amount of time spent on each is determined what stage of care we are in and where our challenges lie. Earlier sessions will concentrate more on isolation of the problem and later sessions will focus mostly on solutions.

If at any time you would like to discuss our progress, just ask for a progress evaluation. There is no charge for this evaluation.

## **PERSONAL COMMITMENT AND SUCCESS**

Your best chance for a positive outcome is by committing to this plan and keeping your schedule of care.

*Schroeder Family Counseling*

## SCHEDULE

Each person or couple will vary regarding their need for care. Your schedule may be altered based on your progress.

<u>Visits</u>	<u>Stage</u>
_____ Crisis Diffusion	Some situations demand immediate attention to prevent harm or severe worsening of the problem.
_____ History	Your therapist needs to know the history behind your presenting problem.
_____ Assessment	In some cases it is necessary to do some testing and evaluation so that we can assess the situation and devise a better plan.
_____ Problem Discussion	Your therapist needs to know how you see the problem and what are the most pressing issues.
_____ Solution Discussion	Together we need to arrive at a solution that works for you.
_____ Solution Enactment	You must learn to apply the solution in various situations. This may take time.
_____ Assessment	After working together we need to determine the effectiveness of our approach and decide what is needed for future success.
_____ Periodic Evaluations	Your happiness and success are built on ongoing evaluation and management of your stressors. Occasional sessions will help assure your happiness and success. These wellness sessions can be as frequent as once a week or a few as once a year. We will work together to determine the best schedule of care.