

Treatment Plan- Kennedy Johnson (ADHD and Social anxiety diagnoses)

Goal #1 (written by clinician): Student will reduce the amount of times they are sent out of class by 15% over the next month as evidenced by teacher report.

Client conceptualization of goal (use direct quotes): “I want to get in trouble less” “I want to be able to have free time with my friends”

Objectives (Indicate the specific steps your client will do to meet goal):

- Student will engage in appropriate conversations with teachers and peers daily.
- Student will utilize journaling to cope with distractions as needed.
- Student will listen to a calming playlist with teacher permission when they are unable to concentrate.
- Student will ask for teacher permission to talk to Miss Schnelle as needed.

Intervention (Intervention utilized to assist client in meeting goals):

- Teachers will increase positive reinforcement given to student with a 4:1 ratio.
- Teachers will redirect student when off task and explain student responsibility.
- Clinician will work with the student as needed to process situations that impact the students ability to be in class.
- Clinician will complete a feelings ladder with the student to identify alternative choices when the student is sent out of class.

Goal #2 (written by clinician): Student will reduce feelings of anxiety in class by 10% over the next month.

Client conceptualization of goal (use direct quotes): “I want to do better in my classes” “I wish I could answer questions I know in class”

Objectives (Indicate the specific steps your client will do to meet goal):

- Student will write down answers to questions she knows daily.
- Student will discuss feelings of anxiety with Miss Schnelle at least once a week.
- Student will answer one question in class every week.
- Student will communicate needs to teacher at the end of class as needed.

Intervention (Intervention utilized to assist client in meeting goals):

- Teachers will check in with student at least once in every class.
- Clinician will assist student in identifying classroom triggers.
- Clinician will work with student to understand feelings of anxiety and situations that impact them.
- Clinician will assist the student in completing a Distorted Thought Record once a month.

Goal #3 (written by clinician): Student will improve interpersonal relationships with peers over the next 6 weeks as evidenced by self-report.

Client conceptualization of goal (use direct quotes): “I want people to like me” “I want to feel more confident in myself”

Objectives (Indicate the specific steps your client will do to meet goal):

- Student will engage in appropriate interactions with peers in class daily.
- Student will complete daily affirmations to build confidence.
- Student will identify the feelings of anxiety that she experiences weekly.
- Student will participate in

Intervention (Intervention utilized to assist client in meeting goals):

- Teachers will assist the student in finding partners during group work.
- Clinician will frequently use Motivational Interviewing with student to increase self-confidence and willingness to change.
- Clinician will assist the student in identifying the physical symptoms of anxiety she experiences weekly.
- Clinician will introduce student to coping strategies to manage symptoms of anxiety.
- Teachers will allow the student to go to guidance to take a break as needed.