

# **B.P.R. Therapy, Mediation & Coaching Services**

## **Treatment Plan**

**Name:** John Doe

**Date:** 8/30/2018

**Presenting problem:** Anger problems and pushing others away

**General Goal:** Decrease yelling and becoming overly angry and upset. Also, learning how to enjoy the company of others more instead of retreating into myself

**Significant medical, mental, physical, social, or economic factors:** Client has diabetes and high cholesterol, diagnosed with major depressive disorder, has limited social supports and limited income.

### **INITIAL PHASE**

#### **1. Acclimation ct. to therapy and gather background information via assessments and self-report.**

- Review B.P.R. Services website
- Connect and invite relevant person(s) to attend at least one session
- Complete various assessments and questionnaires as requested

#### **2. Identify Resources**

- Psychiatry for medication management; mood and impulse management
- Primary care physician; management of diabetes and cholesterol
- Group therapy anger management class
- Weekly yoga classes
- Gym's group exercise classes
- Weekly meditation classes

#### **3. Larger systemic understanding of the problem.**

Father was physically and emotionally abusive and yelled a lot. Anger management was not a priority for my dad and my mother often put pressure on us (the children) to not elicit more anger

from him. Therefore, I began bottling my anger up and when it was expressed, I exploded and have done this for the past 20 years.

### **Support System**

- Mom; emotional support
- Sibling; social engagement and feelings of belonging
- Peer group; social engagement
- Church; spiritual guidance
- Book club; social engagement and education on anger management

### **4. Establish goals**

- a. Decrease anger eruptions

Action step(s):

- (1) practice breathing techniques daily
- (2) physically remove self when feeling belittled and return to the issues later when I am calm
- (3) Make "I" statements
- (3) Take larger deep breathes in the moment of being upset

- b. Engage more positively with family and friends

Action step(s):

- (1) Invite friend and family over about once a month for a potluck
- (2) Ask more questions during conversations than making statements
- (3) Make more positive praising comments to others

### **WORKING PHASE**

- 1. Increase what works and decrease what is not working

Goal a. Decrease anger eruptions

Increase  decrease **shouting** by 50% by shouting fewer than 5 times in a week

Intervention: Therapist taught relaxation techniques and how to disengage

Goal b. Increase positive attitude around others

Increase  decrease initiating conversation with friends and family once a week

Intervention: Acknowledged negative self-talk and changing mindset to be more open an conversational

## **CLOSING PHASE**

### **Aftercare Plan**

Ct. will continue to see psychiatrist and practice self-compassion. He will also practice mindfulness techniques learned and continue with weekly mediation classes as well. Ct. will also to remove himself from highly stress provoking situations immediately and follow up with therapist for monthly for the next six months.