



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

Treatment Plan

Name: John Doe

Date: 8.30.2018

Primary configuration: Family

Problem: Anger problems and pushing other away

Goal: Decrease yelling and becoming overly angry and upset. Also, learning how to enjoy the company of others rather than retreating into myself.

Theory: Acceptance & Commitment Therapy

Significant medical, mental, physical, social, or economic factors:

➤ **Identify Resources**

- Psychiatry for medication management; mood and impulse control
- PCP for managing diabetes and high blood pressure
- Divorce Care therapy group for support after divorce

➤ **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**

- Mother for primary emotional support
 - Siblings for social enjoyment and feelings of belonging
 - Church for spiritual guidance
-

GOALS

Establish goals

- a. Decrease anger outbursts

Action step(s):

- (1) Incorporate breathing techniques into daily routine
- (2) Physically removing self from anger provoking conversations
- (3) Learn to express feelings sooner than later

- b. Engage more positively with family and friends

Action step(s):

- (1) Invite and attend more family functions
- (2) Engaged more in casual conversations
- (3) Seek commonalities rather than disagreement more often

WORKING PHASE

Goal a. Increase breathing technique daily (*individual or relational dynamic*) to reduce feelings mild frustration before it adds up to an eruption Sx.

Measure: Able to sustain **daily deep breathing** for a period of **3 moths** with no more than **1** mild episode a month of an angry outburst.

Intervention: Therapist will teach deep breathing techniques and advance in those techniques as progress is made

Intervention: Provide psychoeducation on the benefits if deep breathing and ither mindfulness strategies.

Intervention: Apply Acceptance & Commitment Therapy diffusion techniques

CLOSING PHASE

Aftercare Plan

