

## Treatment Plan Guide

A **treatment plan** is a tool used to shape and direct the focus of treatment. It is a powerful tool for engaging the client in the change process. The treatment plan should be grounded in evidence-based practices. The treatment plan helps:

- set priorities
- establish treatment goals
- identify measurable objective
- provide a timeframe for treatment progress
- provide the client with a guide for reaching their treatment goals

Without a treatment plan, a client may not have a clear direction on how to improve behaviors. Treatment plans provide structure that clients need to address change. Structure and focus are critical components for positive treatment outcomes. A treatment plan provides them with concrete steps for completing treatment.

Every client is different, therefore every treatment plan should be individualized. An overly generic goal, such as attend treatment, does not help guide the client, and may lead to missing out on key goals. The treatment plan should be driven by a psychosexual **assessment** that identifies **dynamic criminogenic needs**. Below is a sample list of criminogenic domains.

- Intimacy and social related issues- family/marital, social support system, prosocial peers, intimate relationships skills, etc.
- Sexuality – sexual self-regulation, sexualized coping, deviant sexual interest, sexual preoccupation, etc.
- General criminality/self-regulation- grievance thinking, poor problem solving, impulsivity, substance use/abuse, cooperation with supervision, self-management skills, lifestyle stability (job/education, housing, leisure, recreation), etc.

Treatment plans should also include responsivity factors that should be addressed in treatment, such as motivation for treatment/change.

Treatment planning is a collaborative effort between the provider and client. The provider and client should review the results of evaluation together and create the treatment plan. The treatment plan should be reviewed and updated with the client on a regular basis, once every three to six months. The treatment plan is a living document, and revisions and updates should be added to the original treatment plan so that objectives completed, and goals achieved is maintained on the treatment plan.

A **goal** is a statement of what should be accomplished. Goals can include:

- Improve healthy sexuality

**Measurable objectives** are specific skills that a client must learn to achieve the goal. They give the client a clear direction on how to act and how to achieve the goal. Examples of measurable objectives may include:

- Identify personal triggers for sexualized coping
- Learn about “healthy sexuality contracts”
- Identify limitations of consent in sexual relationships

See the attached list of Examples of measurable objectives.

## Sample List of Goals and Objectives

**Note:** Follow the SMART acronym to assist in creating effective objectives. Specific Measurable, Attainable, Results-Oriented, Time related

### **Criminogenic Need:** Intimacy and social related Issues

- Goal 1: Improve social skills
  - Measurable Objective 1: Identify 3 things you can do to have age-appropriate relationships with adults (examples-incorporate social skills) in the next \_\_\_ weeks/days
  - Measurable Objective 2: Identify 3 fears/barriers to socializing with adults in the next \_\_\_ weeks/days
- Goal 2: Define and implement healthy relationship skills/boundaries
  - Measurable Objective 1: Understanding and identify your primary communication style – passive-aggressive, assertive
  - Measurable Objective 2: Implement assertive communication one time in the next week and report back to provider/group

### **Criminogenic Need:** Sexuality

- Goal 1: Decrease sexual preoccupation
  - Measurable Objective 1: Identify what is the total number of orgasms per week and discuss in group
  - Measurable Objective 2: Decrease number of orgasms per week.
- Goal 2: Identify and implement healthy sexuality skills
  - Measurable Objective 1: Discuss how your offense violated healthy sexual boundaries
  - Measurable Objective 2: Discuss and implement healthy sexual boundaries with your partner/potential partner

### **Criminogenic Need: General Criminality and Self-Regulation**

- Goal 1: Decrease criminal thinking
  - Measurable Objective 1: Identify criminal thinking patterns associated with your charge and share with your group
  - Measurable Objective 2: Complete curriculum module: Identifying Criminal Thinking
- Goal 2: Maintain drug abstinence
  - Measurable Objective 1: Identify alternative coping to triggers that lead to drug use and share with the group next session
  - Measurable Objective 2: Maintain clean UA's for 30 days

### Other Measurable Objectives:

- Review the romantic/intimate relationships over the course of your life. Determine what went well and what went wrong
- List factors/components that are necessary to have a healthy, romantic relationship
- Learn about your adult attachment styles – identify your personal style
- Use role plays to practice skills learned: e.g. expressing feelings, managing conflict, asking for help, etc.
- Describe your relationship with children and the emotional needs they met – Be able to describe what is and isn't appropriate
- Integrate with age-appropriate peers – cost benefit analysis – emotional vulnerability with adults
- Describe the differences between children and adults – e.g. power differentials
- Explore childhood trauma – how does your history affect the way you have learned how to think, feel, and behave (what are your relationship cognitive schemas)
- Identify important role plays (e.g. asking for help) – then do the task and report back on what went well, what you could do better
- In what ways do you think women and men are equal?
- Talk about the important relationships with women in your life; what makes these relationships important? Healthy?
- What were your relationships with women growing up and describe how those relationships affected the way you think/feel about women today
- Identify three things to improve your relationship with women this week. Report back to group if improvements were effective
- Identify three ways you feel like you could work on x, report back to treatment for feedback
- Use appropriate media to highlight treatment goals –watch, discuss impact on personal history and discuss
- How do you cope with being alone, rejections
- Effect of stigma on your attitude
- Describe the difference between being alone and lonely
- How do you counter feeling lonely, list three ways – report back
- PTSD – Identify as many triggers as you can and explore the impact on your thoughts, feelings, and behavior
- PTSD-Identify healthy coping skills to help manage reduce PTSD triggers-practice one this week and report back on effectiveness
- Do you experience social anxiety, how do you cope with it, how does it impact your life?

- How do you respond to being bullied? Discuss how being bullied makes you think, feel, and respond?
- Who is in your social support system? Identify and reach out to one new support system this week
- Practice using your social support system. Ask for help/guidance once this week and report back to group
- What is your total number of orgasms per week – schedule of what is normal. – normative sexuality
- Reduce masturbation from X to Y this week and report back about feelings/thoughts
- What types of things other than sex bring you pleasure – name three and implement them this month. Notice if it has an impact on your relationships to sex
- Identify positive feelings when you manage sexual urges in health ways
- What is normative sexuality?
- What is healthy masturbation? Describe if you engage in healthy masturbation and discuss
- Name healthy sexual outlets that promote self-respect and respect for others
- Develop a word or image to use to interrupt destructive thoughts about sex
- Create healthy goals around amount of sex and with whom
- What are your coping strategies, how do you deal with negative feelings and difficult life events
- Identify three healthy coping strategies, use them, report back
- Journal how you cope with negative situations and emotions
- Find and use atypical thought disruption – e.g. use of rubber band, thought stopping/blocking
- Create a Pros/cons list of acting on atypical sexual interest and share in treatment
- Complete an assessment of sexual interest – discuss in treatment
- Create a healthy fantasy script – review it in treatment
- In what ways does acting on sexual interest bring others harm, discuss in treatment
- How does your deviant sexual interest benefit, keep you from engaging
- Arousal recondition – masturbatory reconditioning, thought stopping,
- Complete a sexual history inventory and process effect of history on current thoughts and feelings surrounding sex, intimacy, etc.
- Benefit and drawbacks of casual sex, dating apps, chat rooms, bars/clubs, hook-ups, etc.
- Identify social support system- Rate your likelihood to call/reach out to them when you need support
- Evaluate antisocial behavior – How does it affect myself? How does it affect others?
- Discuss your role models- How did my role models influence/affect my life?

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- Describe the relationships that benefit you the most – do these relationships bring you closer or further from criminal behavior
- What thoughts do you have about interacting with law enforcement
- Create a cost benefit analysis of your criminal behavior
- Describe the ways you are resistant to rules and authority, what are three ways you can counter that, report back
- Describe the differences between callousness and empathy – provide examples of both
- Can you share your vulnerabilities with anyone? If so, Who?
- Describe how you manage feeling vulnerable?
- How willing are you to exploit someone for your own gain? Discuss in treatment
- When you are dating do you disclose your status -probation, parole, registry, etc.?
- Identify your life goals and potential sources of life satisfaction? Describe how you would like to pursue them moving forward
- When have you or others been callous, coercive, or dominating? Describe the impact on yourself and others? Can you come up with a more prosocial way to meet your needs
- Identify positive attributes about you and describe to your group
- Identify positive aspects of your life, of relating to others and report to your group.
- How does holding on to resentment and worry keep you away from the things you want? Identify 3 ways and discuss in treatment
- Describe one way you have prosocially handled a grievance this week and report back to group how it went
- What does forgiveness mean to you, who do you need to forgive, set up a plan for that
- Perspective taking – use and report back – Describe one time this week you were able to see someone else’s perspective. Did that effect your interaction with the person?
- Does focusing on the flaws of others cover up other feelings – especially shame? Answer and discuss with group this week
- Identify the differences between shame and guilt
- Track your emotions for a week by journaling, count number of positive and negative emotions and discuss in treatment
- Identify differences between thoughts and feelings. Discuss in group how your thoughts and feelings affect your behavior
- Name three ways to create space between emotions and actions, report to group.
- Practice the skill: Stop and think before you act. Practice skill this week and report back to group

- Complete a CBT analysis – event, thought, feeling, action, observation, analysis. Report back to group what you have learned about the interaction between your thoughts, feelings, and behavior
- Identify two times you have been impulsive this week and discuss the effect it had on you, others, situation
- Attend the next four treatment sessions without any absences or tardiness
- Identify a sponsor
- Find sober, social activities-Pick one and try to attend this week and report back to group
- Participate in meetings (AA/NA) Share at your meeting this week and report back to group impact on you
- Identify the needs that substance use fills for you – identify three ways to get those needs met without using, journal and report back
- Describe how substance use benefits and harms you – report back to group
- Talk about two times you have delayed gratification recently and how it impacted your self-esteem
- Find one new alternative coping strategy this week, implement and report back
- Identify your coping skills and report back to group the effectiveness and if they are healthy and supportive of your goals
- Describe situations and environments that are risky for you? Create a plan to avoid risk and share with group
- Identify one new self-care strategy this week (practice mindfulness, yoga, exercise, sleep hygiene) and report back to group its effect

## Sample Treatment Plan

Client Name:	Provider Name:
Client ID:	Treatment Plan Created Date:
Client DOB:	Treatment Plan Review Date:
Supervising Agency:	Parole Agent/Probation Officer: Email:

Reason for Referral: [Include a brief description of the reason in treatment, offense behavior]
Criminogenic Needs:
Treatment Modality: Group, Individual, Family Therapy, Chaperone Training

Criminogenic Needs Area:	
Goal:	
Measurable Objectives:	Date Completed
1.	
2.	
3.	

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