

TREATMENT PLAN

MICHAEL – INTEGRATIVE TREATMENT PLAN

Healing the Past. Building a Healthy Future.



CLIENT SNAPSHOT

- 34-year-old married male
- Engineer
- Referred by PCP for anxiety, insomnia, relationship conflict
- ACE Score: 5 (High)
- Attachment Style: Insecure (Fearful-Avoidant)

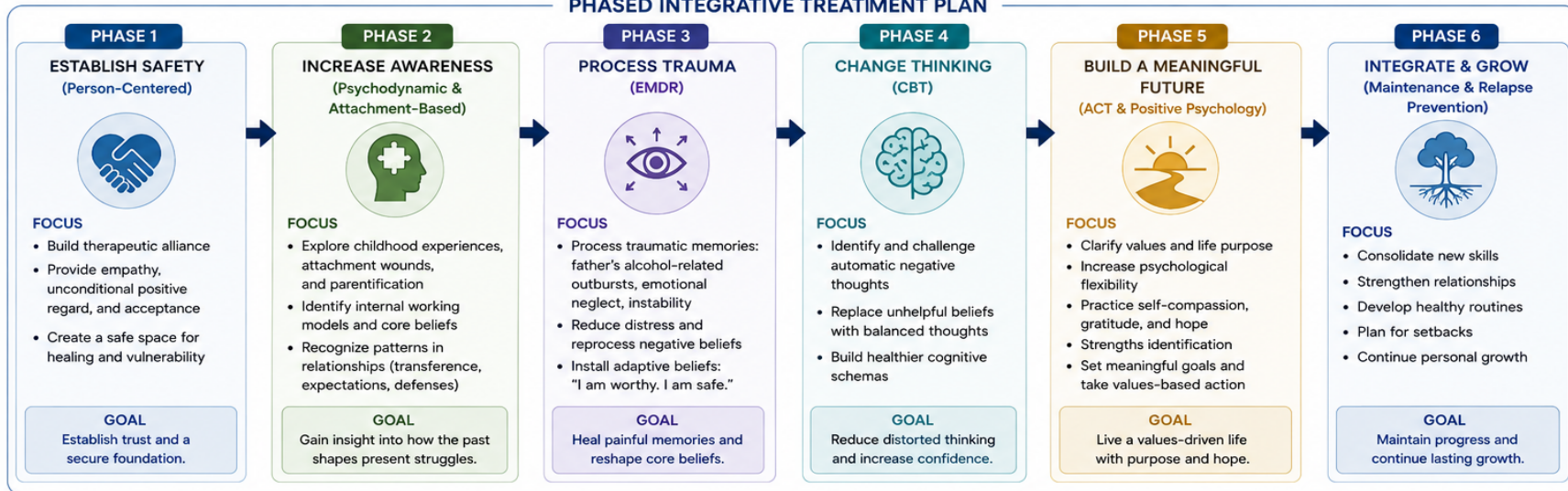
CORE PRESENTING CONCERNS

- Anxiety, hypervigilance, irritability
- Difficulty trusting others
- Fear of abandonment
- Emotional avoidance
- Marital conflict
- Perfectionism & self-criticism
- Insomnia

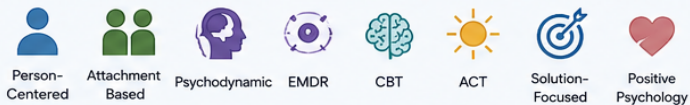
THERAPY OVERARCHING GOALS

- Increase safety, trust, and emotional security
- Improve emotional regulation and reduce anxiety
- Build healthier relationships and intimacy
- Develop self-compassion, purpose, and a values-driven life

PHASED INTEGRATIVE TREATMENT PLAN



PRIMARY MODALITIES USED



MEASURING PROGRESS

- ✓ Decreased anxiety and insomnia
- ✓ Improved emotional regulation
- ✓ Healthier relationships and communication
- ✓ Increased self-compassion and confidence
- ✓ Living in alignment with values and goals

EXPECTED OUTCOMES

- Reduced anxiety and distress
- Stronger, more secure relationships
- Improved self-worth and self-trust
- Greater emotional resilience and flexibility
- A meaningful, purpose-driven life