

Moh, Y.

### TREATMENT (WELLNESS) PLAN

<b>Client Information</b>		<b>Professional Counselor Information</b>	
Insurance Number:		Name:	
Name:		Intake Date:	
DOB:		Treatment Plan Date:	
		Length of Service:	
<b>Other Agencies Involved:</b>	<b>Plan to Coordinate Services:</b>		
<b>Medication(s):</b>	<b>Dose:</b>	<b>Frequency:</b>	<b>Indications:</b>
<b>1. Area for Improvement:</b>			
<b>Long Term Goal:</b>			
<b>Short Term Goals:</b>	<b>Date Established:</b>	<b>Projected Completion Date:</b>	<b>Date Achieved:</b>
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Review date:</b>	<b>Progress:</b>		
<b>Review date:</b>	<b>Progress:</b>		

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2. Area for Improvement in Sleep Time <sup>a</sup> :			
Long Term Goal:			
<b>Short Term Goals:</b>	<b>Date Established:</b>	<b>Projected Completion Date:</b>	<b>Date Achieved:</b>
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Review date:</b>	<b>Progress:</b>		
<b>Review date:</b>	<b>Progress:</b>		

*Note.* <sup>a</sup>**Sleep Time:** When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.

3. Area for Improvement in Physical Time <sup>b</sup> :			
Long Term Goal:			
<b>Short Term Goals:</b>	<b>Date Established:</b>	<b>Projected Completion Date:</b>	<b>Date Achieved:</b>

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<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Review date:</b>	<b>Progress:</b>		
<b>Review date:</b>	<b>Progress:</b>		

Note. <sup>b</sup>Physical Time: When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.

<b>4. Area for Improvement in Down Time<sup>c</sup>:</b>			
<b>Long Term Goal:</b>			
<b>Short Term Goals:</b>	<b>Date Established:</b>	<b>Projected Completion Date:</b>	<b>Date Achieved:</b>
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			

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<b>Assessment Tools:</b>	
<b>Assessment Tools:</b>	
<b>Review date:</b>	<b>Progress:</b>
<b>Review date:</b>	<b>Progress:</b>

*Note.* <sup>c</sup>**Down Time:** When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.

<b>5. Area for Improvement Play Time<sup>d</sup>:</b>			
<b>Long Term Goal:</b>			
<b>Short Term Goals:</b>	<b>Date Established:</b>	<b>Projected Completion Date:</b>	<b>Date Achieved:</b>
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Review date:</b>	<b>Progress:</b>		
<b>Review date:</b>	<b>Progress:</b>		

*Note.* <sup>d</sup>**Play Time:** When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.

<b>6. Area for Improvement Connecting Time<sup>e</sup>:</b>
<b>Long Term Goal:</b>

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<b>Short Term Goals:</b>	<b>Date Established:</b>	<b>Projected Completion Date:</b>	<b>Date Achieved:</b>
<b>Intervention/actions:</b>			
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<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Review date:</b>	<b>Progress:</b>		
<b>Review date:</b>	<b>Progress:</b>		

*Note.* **Connecting Time:** When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.

<b>7. Area for Improvement in Time In<sup>f</sup>:</b>			
<b>Long Term Goal:</b>			
<b>Short Term Goals:</b>	<b>Date Established:</b>	<b>Projected Completion Date:</b>	<b>Date Achieved:</b>

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<b>Intervention/actions:</b>			
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<b>Intervention/actions:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Review date:</b>	<b>Progress:</b>		
<b>Review date:</b>	<b>Progress:</b>		

*Note.* **Time In:** When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.

<b>8. Area for Improvement in Focus Time<sup>g</sup></b>			
<b>Long Term Goal:</b>			
<b>Short Term Goals:</b>	<b>Date Established:</b>	<b>Projected Completion Date:</b>	<b>Date Achieved:</b>
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Intervention/actions:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
<b>Assessment Tools:</b>			
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<b>Review date:</b>	<b>Progress:</b>		

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*Note.* **Focus Time:** When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.

<b>Involved of Loved Ones:</b>
<b>Services Needed beyond Scope of Organization:</b>

<b>Client Name (Print)</b>	<b>Client Signature</b>	<b>Date</b>
<b>Provider Name (Print)</b>	<b>Provider Signature</b>	<b>Date</b>

Created by Yoon Suh Moh, Ph.D., this treatment/wellness plan document was informed by the Healthy Mind Platter (Rock & Siegal, 2011) to help facilitate the wellness in individuals, families, and groups.