**Treatment Plan Update**

As part of your care plan, we have discussed the need to attend therapy sessions on a regular basis and how missing appointments limits the progress that can be made in therapy. The original treatment plan involved weekly individual therapy sessions for a number of weeks; however, due to various reasons, it has not been possible for you to attend at regular intervals.

We have discussed the obstacles to attending therapy sessions and tried to problem-solve ways to get around these obstacles. It is my sincere hope that you can work around these obstacles and find time in your schedule to attend therapy on a regular basis.

As your provider, I have recommended the following course of action for moving ahead.

\_\_\_ 1) Patient will end regular individual therapy at this time and reach out to the clinic in \_\_\_ months in order to re-enter care. This timeframe will allow time for any scheduling issues to be resolved so the patient can focus on therapy.

\_\_\_ 2) Patient will enroll in and complete all sessions of an EBP group, including homework assignments from this group. Based on discussion with the patient, the following group was selected: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The patient will reach out to the clinic to book an appointment with the provider after completing the course of group therapy.

\_\_\_3) Patient will join one of the clinic’s interpersonal therapy groups for regular follow-up. After looking at availability, the group on \_\_\_\_\_\_\_\_\_\_\_\_ run by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ was selected. After several sessions of group, patient will reach out to the clinic to book an individual follow-up appointment if needed.

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| I understand the rationale for this change in my treatment plan, and I have had a chance to ask questions regarding the change. | Patient Signature: |
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