**Treatment Plan Update**

As part of your care plan, we have discussed the need to complete homework assignments on a regular basis and how not completing the homework portion of therapy limits the progress that can be made in treatment. 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 complete the homework associated with these sessions. We have discussed the obstacles to completing homework and have 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 complete homework on a regular basis.

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

\_\_\_ 1) Patient will re-evaluate whether s/he is able to fully engage in therapy, particularly being able to complete homework. If the decision is to continue therapy, then the following homework assignments are to be completed before making a follow-up appointment:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Once these assignments are completed, please call \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to discuss booking a follow-up appointment.

\_\_\_ 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 book an appointment with this 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.

|  |  |
| --- | --- |
| 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: |
|  |