

Client Care Plan



This is a helpful structure for the therapeutic experience that can be shared with clients at the beginning of treatment.

Phase 1: Prepare

- Share your story (therapist asks questions to get to know you better)
- Establish goals for therapy (create treatment plan with your therapist)
- Identify and strengthen resources (coping skills, support system, etc.)

Phase 2: Invest

- Invest your time (regular appointments - weekly is often ideal)
- Invest your resources (financial commitment to therapy & self-care)
- Invest emotional energy (face difficult situations and emotions)

Phase 3: Reflect (every 3 months)

- Reflect on experience in therapy (what's working & what's not working)
- Modify or add goals for therapy (achieved goals and new goals)
- Return to phase 2 (invest) or begin phase 4 (closure)

Phase 4: Closure

- Celebrate (acknowledge and celebrate progress!)
- Love (identify loved ones who could benefit from what you've learned)
- Share (share insights, resources, and support systems with loved ones)

Phase 5: Support

- Taper sessions (bi-weekly, monthly, quarterly, twice/year, once/year)
- Establish "after care" plan (goals for life after therapy)
- Ongoing support (occasional check-ins or support as needed)