

Patient Treatment Plan Overview

Patient Name: John Doe

Date: October 1, 2023

Provider Name: Dr. Jane Smith

Treatment Goals

- Reduce symptoms of anxiety
- Improve sleep quality
- Enhance coping strategies

Proposed Treatment Strategies

1. Cognitive Behavioral Therapy (CBT) - Weekly sessions for 12 weeks
2. Medication Management - Start with Sertraline 50mg
3. Stress Management Techniques - Introduce mindfulness exercises

Follow-Up Schedule

Follow-up appointments will be scheduled every two weeks, with an initial review in 4 weeks.

Patient Responsibilities

- Attend all scheduled therapy sessions.
- Maintain a daily journal to monitor symptoms.
- Practice mindfulness exercises at least 5 times per week.

Additional Resources

Recommended reading: "The Anxiety and Worry Workbook" by David A. Carbonell.

Thank you for your commitment to your health!

Sincerely,

Dr. Jane Smith