

Emotionally Focused Therapy (EFT) Treatment Plan

Client information

Name(s):

Gender(s):

Age(s):

Mental health professional:

Date:

Planned no. of sessions:

Session frequency:

Clinical evaluation

Briefly describe the clients' relationship history:

Describe the primary reason for seeking therapy, including any major concerns, negative interaction patterns, and clinical diagnoses:

Treatment goals

Describe the primary treatment goal:

List any secondary treatment goals:

Emotion Focused Therapy Treatment Plan Template

Kevin John O'Connor, Sue Ammen



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