

Part II: Treatment Plan

Tiffany Cobb

University of Texas at San Antonio

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Dr. Ashley Cuevas

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Part II: Treatment Plan

Problem 1:	CI struggles with low self-esteem and negative self-talk.
Provisional Diagnosis	Persistent Depressive Disorder, With Anxious Distress, Moderate (F34.1)
Goal:	Improve self-esteem and reduce negative self-talk by replacing negative self-critical thoughts with more compassionate statements within 6 weeks, as evidenced by improvement on the Rosenberg Self-Esteem Scale (RSE) and self-report.
Objective 1:	CI will maintain a journal to identify and track 1-3 instances of negative self-talk per week and consciously replace them with a more balanced thought, measured as reviewed weekly with Co.
Objective 2:	CI will verbalize at least 2-3 self-compassionate statements per week to improve self-worth, as measured by CI report during sessions.
Interventions:	CBT (cognitive restructuring)
Problem 2:	CI reports feelings of shame and difficulty forgiving herself for past choices.
Provisional Diagnosis	Persistent Depressive Disorder, With Anxious Distress, Moderate (F34.1)
Goal:	CI will increase self-worth and reduce self-blame within 6 weeks, as evidenced by improved self-report and increased scores on the Rosenberg Self-Esteem Scale (RSE).
Objective 1:	CI will write a letter to her younger self focusing on compassion and understanding within 4 weeks.
Objective 2:	CI will identify and process at least 2 insights from the letter in session within 6 weeks, demonstrating reduced self-blame and increased self-compassion.
Interventions:	Narrative Therapy (re-authoring narrative, externalization)

References

American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.).

<https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890425787>