

Self-Esteem Treatment Plan Template

A Fennell-protocol CBT template for therapists. Fill in by hand, in your EHR, or auto-generate with Mentalyc.

- CBT
- Fennell Model
- RSE Baseline
- SMART Goals
- 6 Phases

1. Client Intake

Client initials

Date

Therapist

Diagnosis (DSM-5-TR / ICD-10)

2. Baseline Assessment

Rosenberg Self-Esteem Scale (RSE) score at intake _____ / 30

Scoring: 0-15 low self-esteem · 15-25 normal range · 25-30 high. Re-administer at mid-point and termination.

3. Presenting Problem

Describe negative bottom-line belief, maintaining factors (safety behaviors, rules for living), and impact on function.

4. Select Treatment Plan Goals

Check 3-5 goals that match the case. Each is SMART-formatted. Sample objectives on the next page.

- **1. Reduce frequency of self-critical thoughts**
Record ≥ 3 self-critical thoughts/week + balanced counter-thought, over 8 weeks.

- **2. Build an accurate self-view**
Articulate 5 strengths + 5 competence domains by session 10 (written narrative).

- **3. Modify a maintaining "rule for living"**
Identify 1 rigid rule + complete 2 behavioral experiments by session 12.

- **4. Eliminate one safety behavior**
Reduce a specified safety behavior by $\geq 50\%$ within 6 weeks (daily log).

- **5. Increase assertive communication**
3 assertive statements/week + rate predicted vs actual outcome.

- **6. Develop a self-compassion practice**
Structured self-compassion exercise 3x/week with weekly review.

- **7. Raise RSE score by 5 points**
Improve from baseline RSE by ≥ 5 points by session 16.

- **8. Sustain change beyond treatment**
Write a personalized relapse-prevention plan by final session.

5. Objectives — Worked Example & Template

Goal: Reduce frequency of self-critical thoughts (8 weeks)

Week 2	Demonstrate daily thought record (situation, AT, emotion, 0-100 rating).
Week 4	Identify 2 cognitive distortions + generate balanced alternatives.
Week 6	Report 25% reduction in average intensity of self-critical thoughts.
Week 8	Generate counter-thought in-session unprompted on real example.

Reusable template:

By [week N], client will [observable behavior] as measured by [tool: log, scale, session demo], with target threshold of [number].

6. Interventions Checklist

- **Downward arrow technique.** Surface bottom-line belief beneath an automatic thought.
- **Thought records.** Log situation, thought, emotion, distortion, balanced response.
- **Behavioral experiments.** Design real-world tests of a maintaining belief.
- **Compassionate self-talk.** Replace self-criticism with friend-voice.
- **Compassionate-letter writing.** Neff's structured self-compassion exercise.
- **Strengths inventory.** Identify and journal personal strengths + competence domains.
- **Safety-behavior reduction.** Graduated dropping of avoidance / over-checking.
- **Rule-for-living revision.** Identify rigid rules; develop flexible alternatives.
- **Imagery rescripting.** Revisit and modify early memory tied to bottom-line belief.
- **Self-monitoring with RSE.** Periodic re-administration of the Rosenberg scale.

7. Review Schedule

Fennell's original protocol is 10 weekly sessions (Kolubinski et al. 2018 meta-analysis: $g=1.12$ for weekly individual CBT). Extend to 12-16 if the bottom-line is deeply entrenched or depression is comorbid.

Baseline	Intake	RSE score: _____
Mid-point	Session 5 or 8	RSE score: _____ · Δ : _____
Termination	Session 10 or 16	RSE score: _____ · Δ : _____

8. Discharge Criteria

- RSE improvement of ≥ 5 points from baseline
- Client demonstrates independent thought-record use
- Written relapse-prevention plan in place
- Behavioral experiments completed and reviewed
- Client articulates revised self-narrative

Automate this entire template

Mentalyc's AI Treatment Planner drafts goals + objectives in your voice. You sign off; the plan only enters the chart after your review. PHI stays in a HIPAA-compliant environment.

Start free at mentalyc.com/ai-treatment-planner

References: Fennell M.J.V. (1999) Overcoming low self-esteem · Rosenberg M. (1965) Society and the adolescent self-image · Kolubinski et al. (2018) Psychiatry Research 267:296-305.