

Depression Treatment Plan Template

By Gargi Singh, Counselling Psychologist | Clinically reviewed by Ehab Youssef, Licensed Psychologist

Client (initials)

Date

Review date

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

Presenting problem

Baseline measure (e.g., PHQ-9 score) and target

Goal 1 (SMART)

Objectives (2-3, with timeframes)

Interventions

Evaluation (tool + frequency)

Treatment Plan Template (continued)

Add another copy of this page for each additional treatment goal.

Goal 2 (SMART)

Objectives (2-3, with timeframes)

Interventions

Evaluation (tool + frequency)

Medication / prescriber coordination

Relapse prevention / safety plan

Filed Example: MDD, Single Episode, Moderate (F32.1)

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Client

Sarah, 32 | Diagnosis: Major Depressive Disorder, Single Episode, Moderate (F32.1)

Presenting problem

Persistent sadness and low motivation for 3 months; anhedonia, poor concentration at work, feelings of worthlessness, insomnia, 10 lb unintentional weight loss.

Baseline

PHQ-9 = 15 (moderately severe). Target: 5 or below within 12 weeks.

GOAL 1: Reduce depressive symptoms (PHQ-9 from 15 to 5 or less) within 12 weeks.

Objectives: weekly CBT sessions x12; mindfulness meditation 10 min daily; moderate exercise 30 min, 3x per week.

Interventions: psychoeducation; cognitive restructuring; behavioral activation; sleep hygiene training.

Evaluation: weekly PHQ-9; daily mood and activity log.

GOAL 2: Improve work functioning (concentration and productivity) within 8 weeks.

Objectives: implement time-management strategies; mindfulness for focus; graded increase in responsibilities as symptoms improve.

Interventions: prioritization and task-breaking; concentration-focused mindfulness exercises; employer accommodation planning if needed.

Evaluation: bi-weekly review of work performance and concentration.

Medication

Sertraline 50 mg daily, prescribed by PCP; review after 4 weeks; therapist-prescriber coordination documented at each review.

Relapse prevention

Early warning signs list; wellness routine (sleep window, activity scheduling); step-up plan if PHQ-9 rises above 10 on two consecutive administrations.

How to use

Complete one goal block per treatment target. Every goal needs a measure, a timeframe, and interventions a reviewer can trace to your progress notes.

Generate diagnosis-aligned treatment plans from your session notes: mentalyc.com/ai-treatment-planner