



Positively Psyched
123 Happy Place
Chicago, IL 60610
Phone: (443) 347-0990

Joy Jones

Chart ID: 111457019

DOB: 01/01/1970 (54)

Date of Exam: 03/25/2024

Time of Exam: 08:00 AM to 09:00 AM

Initial Grief Treatment Plan

Problem 1: Grief/Loss

Joy's unresolved grief/loss has been identified as an active need requiring intervention. It is primarily evidenced by:

Joy feels worthless. Joy reports feeling sad or empty. These feelings are verbally expressed and are also demonstrated through behavior. When social withdrawal occurs, this leads to Joy's feelings of worthlessness. Joy often feels guilt related to the circumstances surrounding the death, particularly due to her feeling like she missed noticing symptoms during the onset of her spouse's illness. Joy is also experiencing anger following the death of her spouse, specifically toward the doctors involved in his care.

Long-Term Goals

- Joy will feel confident in implement coping strategies for anniversaries, holidays, or other periods of heightened grief. Target Date: 07/01/2024
- Joy will verbalize an understanding of normal grieving and normal grief reactions. Target Date: 07/01/2024
- Joy will be able to feel safe in expressing feeling of grief and loss. Target Date: 07/01/2024

Short-Term Goals

Openly share feelings of anger

- Frequency: Once
- Time Period: Per week
- Duration: 30 minutes
- Progress: Working on

Joy will tell the story about her husband's death

- Frequency: Once
- Time Period: Per week
- Duration: 15 minutes
- Progress: Working on
- Target Date: 04/30/2024

Joy will decrease feelings of worthlessness by 1 point on a 0-10 self-report scale of feelings of worthlessness.

- Progress: Working on
- Target Date: 04/30/2024

Joy will identify at least one source of support that is available as grief is processed.

- Progress: Working on
- Target Date: 04/30/2024

Interventions

Stages and perceptions of grief and loss, and healthy coping patterns will be discussed during the therapy session. Joy will be encouraged to express the meaning of her loss and the effect it has had on her life.

Outcomes of the discussion will be evaluated and documented.

- Frequency: Once
- Time Period: Per week
- Duration: One hour
- Clinician: Kaylee Kron

Joy will keep a journal to support her in telling her story, processing her feelings, and reflecting on her loss.

- Frequency: 3 times
- Time Period: Per week
- Duration: 15 minutes
- Clinician: Kaylee Kron

Joy will engage in narrative therapy with her grief counselor to express her feelings of anger, guilt, and feelings of worthlessness.

Strengths

Motivation Strengths Include:

- Joy is motivated for treatment as evidenced by her showing up for her appointment.

Family Strengths Include:

- Joy has the ability to use family support.
- There is a good relationship with her family.

Barriers

Financial barriers and access to care could impede treatment.

- Joy will develop an understanding of her monthly bills.

Cognitive limitations interfere with treatment.

- Instructions will be geared to Joy's level of understanding.
- Instructions will be repeated as needed to assist with cognitive limitations.

Status

04/02/2024: The undersigned clinician met with the patient (and family, as appropriate) on the date above in a face-to-face meeting to work with him/her in developing this Treatment Plan.

Kaylee Kron, LCSW