

Adjustment disorder treatment plan

Client	Laura Green
Diagnosis	Adjustment Disorder with Anxiety
Goal	Develop effective coping mechanisms for managing stress from a recent job change.

SMART Objective	The Client will reduce work-related anxiety by 30% in 4 weeks, as measured by the GAD-7, through coping skills and stress management techniques.
Interventions	<ul style="list-style-type: none">• Teach stress management techniques such as deep breathing and progressive muscle relaxation.• Develop a list of positive coping strategies for work-related stress.
Progress Measures	<ul style="list-style-type: none">• Weekly GAD-7 assessments.• Client's self-report of stress and coping effectiveness.

Goals For Adjustment Disorder

**Frederick J. Stoddard Jr., David M.
Benedek, Mohammed R. Milad, Robert J.
Ursano**

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