

Obsessive-Compulsive Disorder (OCD) Treatment Strategy Template

Patient Name:

Date:

1. Presenting Symptoms & Concerns

Describe current obsessions, compulsions, distress, and impact on functioning.

2. Assessment and Diagnosis

Summary of assessment, screening tools used, diagnostic impressions.

3. Treatment Goals

- Short-term goal 1
- Short-term goal 2
- Long-term goal

4. Treatment Modalities

Cognitive-Behavioral Therapy (CBT):

Plan for CBT, ERP (Exposure and Response Prevention), etc.

Pharmacotherapy (if applicable):

Medication(s), dosage, monitoring plan.

Other:

Family therapy, group therapy, education, etc.

5. Relapse Prevention & Maintenance

Strategies for preventing relapse and maintaining progress.

6. Review Dates

Next review date:

Review progress notes:

Clinician Signature: