

# 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:

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