



Treatment Plan

Rooted & Rising Therapy, LLC
Clinician: Dawnlyn Rudzinski, LPC
Patient: Lauren Hartz, DOB 7/17/1983

Date and Time: 1/21/2025 3:13 PM

Diagnosis

F41.1 Generalized Anxiety Disorder

Client meets diagnostic criteria in DSM-V as evidenced by the following:

- A) Excessive anxiety and worry occurring more days than not for at least 6 months
- B) The individual finds it difficult to control the worry
- C) The anxiety and worry are associated with at least 3 of the 6 symptoms and at least some have been present more days than not for the past 6 months
 - 1. Restlessness or feeling keyed up or on edge
 - 2. Difficulty concentrating or mind going blank
 - 3. Irritability
 - 4. Sleep disturbance
- D) The anxiety causes clinically significant distress or impairment in important areas of functioning
- E) The disturbance is not attributable to the effects of a substance
- F) Disturbance is not better explained by another mental disorder

Presenting Problem

Client is entering therapy due to an increase in symptoms of anxiety over the last 6 months. Client reports experiencing physical symptoms of heart racing, headaches, and insomnia. She also reports that these symptoms are interfering with her relationships and ability to perform at work.

Treatment Goal 1

- 1. Client will decrease symptoms of anxiety by 50%

Objective 1.1

Client and counselor will identify 4 common activating events for client's anxiety

Estimated Completion: 3 months (4/21/2025)

Treatment Strategy / Intervention

- Exploration of Emotions.
- Rational Emotive Behavior Therapy.
- Body Cues.

Objective 1.2

Client and counselor will identify 3 harmful core beliefs and their corresponding rules & assumptions fueling unhelpful thinking patterns

Estimated Completion: 7 months (8/21/2025)

Treatment Strategy / Intervention

- Exploration of Core Beliefs.
- Rules & Assumptions.
- Identifying Implicit Messages.

Objective 1.3

Client and counselor will identify 3 helpful grounding techniques



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Estimated Completion: 6 months (7/21/2025)

Treatment Strategy / Intervention

- Exploration of Coping Patterns.
- Mindfulness Training.
- Relaxation/Deep Breathing.

Treatment Goal 2

Client will increase awareness into their parts by 75%

Objective 2.1

Client will be able to identify and name at least 3 distinct internal parts

Estimated Completion: 6 months (7/21/2025)

Treatment Strategy / Intervention

- Interactive Feedback.
- Parts Work.
- Supportive Reflection.

Objective 2.2

Client will reduce the frequency of self-critical thoughts related to their 'critic' part by 20%

Estimated Completion: 8 months (9/21/2025)

Treatment Strategy / Intervention

- Interactive Feedback.
- Parts Work.
- Supportive Reflection.

Objective 2.3

In 80% of sessions, client will be able to access and engage with their 'Self' state when discussing a stressful situation.

Estimated Completion: 9 months (10/21/2025)

Treatment Strategy / Intervention

- Interactive Feedback.
- Parts Work.
- Supportive Reflection.

Treatment Goal 3

Client will decrease distress related to the target by decreasing to a SUD score of 2 or lower

Objective 3.1



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Reprocess adverse life experiences related to unwanted, intrusive thoughts from a maximum SUD of 10 to 0 and minimum VOC of 1 to 7 with a clear body scan.

Estimated Completion: 9 months (10/21/2025)

Treatment Strategy / Intervention

- Utilize Phase 1 EMDR: Evaluate current themes and patterns, current stressors and issues and develop a target sequencing plan.
- Utilize Phase 2 EMDR: Develop resources and strengthen with slow BLS/DAS.
- Utilize Phase 3-6 EMDR: Reprocess traumatic events and experiences (targets) related to (Theme/NC).
- Utilize Phase 7 EMDR: Ensure client's stability, debrief, assign homework, review resources to be used between sessions.
- Utilize Phase 8 EMDR: Explore/process changes, insights, and awareness. Review progress and modify target plan as needed; explore related future challenges utilizing future template; explore post traumatic growth and client resiliency.

Objective 3.2

Client will enhance positive beliefs, self-worth, and adaptive cognitions to replace negative beliefs and emotions related to the traumatic memories by 50%

Estimated Completion: 9 months (10/21/2025)

Treatment Strategy / Intervention

- Cognitive Refocusing.

Discharge Criteria/Planning

Client will be ready for discharge when client's symptoms are more manageable and not interfering with their day to day life. Client will demonstrate the ability to use effective communication skills to set and maintain healthier boundaries within relationships.

Additional Information

n/a

Prescribed Frequency of Treatment

Weekly

I declare that these services are medically necessary and appropriate to the recipient's diagnosis and needs.

Dawnlyn Rudzinski, LPC, Licensed Professional Counselor, License PA PC012177, signed this note and declared this information to be accurate and complete on 1/30/2025 at 1:49 PM.