# Chapter 1: Developing Effective Treatment Plans

Discussion Questions and Activities

1. List some of the potential factors that influence the outcomes of counseling treatment. Be sure to list at least three counselor variables, three client variables, and three treatment variables that directly impact counseling outcomes.
2. Briefly outline the five stages of the clients’ readiness for change model. Additionally, explain how counselors may aid and impact clients at each of these stages to promote clients’ progress.
3. Brainstorm some ways that you will attempt to strengthen and foster a positive therapeutic alliance. Specifically, what skills, attributes, and attitudes are essential in building a strong therapeutic relationship? What might get in your way?
4. Discuss what “good” treatment planning looks like in clinical practice. Highlight a few of the facets of “effective” treatment planning.
5. Using Figure 1.2, construct a four-sentence statement that captures your own character strengths and resiliencies. Share your strengths statements with another classmate. If you have difficulties with this activity, try to start each statement with “I am …”
6. Utilizing Figure 1.1, 1.2, 1.3, and 1.4, construct a set of structured interview questions that can aid a counselor in addressing clients’ (a) strengths, capacities, and resources and (b) adheres to a clients’ cultural context. Share your set of questions with another classmate.
7. Discuss the I CAN START model of treatment planning. How will this model aid you in case conceptualization and treatment planning? List the strengths and limitations of this model in clinical practice. What other considerations might you add to the model to further enhance it?
8. Discuss the importance of the “I” in the I CAN START treatment planning process? Why do you think the “I” is first in the model? Talk about your “I” (i.e., who are you as a counselor/counselor trainee and how will that impact your counseling and treatment planning.