

**Rainbow Treatment Center
Conflict Management
Treatment Plan**

Date of Service:		Start Time:		End Time:	
Name	DOB	Social Security	ICD-10 Codes	AHCCCS	

Presenting Issues/Problems/Needs:

- Frequent and/or continual arguing with partner/others.
- Expresses relationship stress as an excuse for addiction, which, in turn, exacerbates the relationship conflicts.
- Lacks positive communication with significant other.
- Has a pattern of superficial or nonexistent communication with frequent intense arguing and relationship harming behaviors.
- Pattern of emotional, physical, psychological abuse in partner relationship.

Client Support Goals:

1. Maintain a program of recovery, free of addiction and partner relational conflict.
2. Develop the skills necessary to maintain open, effective communication.
3. Develop understanding of personal conflict style and how this style of relating can affect the quality personal interactions.

Program Clinical Objectives:

1. Client will learn to verbalize the powerlessness and unmanageability of conflicts when accompanied by active addiction.
2. Client will maintain a program of recovery; free of addiction and unmanageable partner relational conflicts.
3. Client will learn how to get needs/wants met by significant others in ways that nurture the quality of the relationship.
4. Client will understand “why” he/she behaves/reacts/responds like they do.
5. Client will learn how to gain desired positive respect from others.

6. Client will learn how to “fight” nice.
7. Client will learn about emotional “smarts” (intelligence).
8. Client will learn how to improve his/her emotional intelligence.
9. Client will learn and be able to implement the ground rules for “fair fighting”.
10. Client will understand and implement improved techniques in the art of listening.
11. Client will learn and be able to identify healthy and unhealthy ways of managing conflict.

Client Goals:

- 1.
- 2.
- 3.

Program/Clinical Interventions:

- Personal individual counseling to process and explore personal triggers and barriers to healthy assertive conflict management.
- Conflict management instruction 2x/week for 10 weeks.
- Conflict management role playing and coaching sessions to implement new awareness.

Anticipated Course of Treatment: 10 weeks (2x/week) for 20 Sessions

_____ **Date:**
Client Signature

_____ **Date:**
Donna M. Stevens, R.N., Psy.D.
Behavioral Health Professional