

Treatment Plan

With glitter

Date and Time: 9/22/2026 2:02 AM

Clinician: Amber D McDaniel

Patient: Account Ability, DOB 1/1/2026

Account Number: 133152114-26-1

Diagnosis

F91.9 Unspecified Disruptive, Impulse-Control, and Conduct Disorder

Diagnostic Justification

accountability in its true sense — owning your choices and their outcomes, regardless of whether the result is good or bad

Presenting Problem

May use charm, alliances, or excuses to sidestep responsibility, undermining fairness and trust. Constant pressure to meet expectations without support or clear boundaries can erode morale and well-being.

Treatment Goal

Promote accountable decision-making and responsibility in actions.

Objective 1

Learn to identify choices that align with personal accountability and fairness within two weeks.

Estimated Completion: 2 weeks (10/6/2026)

Treatment Strategy / Intervention

- Choice Awareness Training.
- Fairness Analysis.
- Personal Accountability Reflection.

Objective 2

Practice mindful acknowledgment of responsibilities and commitments daily for three weeks.

Estimated Completion: 3 weeks (10/13/2026)

Treatment Strategy / Intervention

- Commitment Logging.
- Daily Reflection Practice.
- Responsibility Mindfulness Exercises.

Objective 3

Improve skills in setting boundaries and expressing empathetic communication within four weeks.

Estimated Completion: 1 month (10/22/2026)

Treatment Strategy / Intervention

- Boundary-setting Role-play.
- Empathy-focused Communication Workshops.
- Assertive Expression Techniques.

Objective 4

Establish a habit of regular self-commitment check-ins to review adherence to set expectations within eight weeks.

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Estimated Completion: 2 months (11/22/2026)

Treatment Strategy / Intervention

- Self-Review Surveys.
- Action Outcome Assessments.
- Expectation Adherence Tracking.

Discharge Criteria/Planning

accountability is most effective when it's **transparent, fair, and growth-oriented**, rather than punitive or vague. This balance maximizes its benefits while minimizing its downsides.

Prescribed Frequency of Treatment

As Needed

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

Amber D McDaniel, Counselor, signed this note and declared this information to be accurate and complete on 9/22/2026 at 2:40 AM.