

**Lesson #9 Practice Activity:** EXPLAINING THE TREATMENT PLAN (*Explicando el Plan de Tratamiento*)

Directions: In developing a treatment plan, it is important to convey to the client why a plan is necessary and/or beneficial as well as how to develop and evaluate it from the beginning until the end of therapy. Translate the following example of how to explain this process to a Spanish-speaking client:

One of the goals of therapy is to relieve stress in your life. To accomplish this goal, we need to develop sub-goals and interventions. One sub-goal is to help you learn to cope with stressful areas in your life. One intervention we can work on consists of relaxation exercises, such as a deep-breathing exercise. Over the next three weeks, we will practice this exercise in the office and I will ask you to practice it at home. After three weeks, we will evaluate how this exercise has helped you to cope with the stress in your life.

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