The College Student Counseling Treatment Planner

Camille Helkowski
Chris E. Stout
Arthur E. Jongsma, Jr.
The College Student Counseling
Treatment Planner
PracticePlanners® Series

Treatment Planners
The Complete Adult Psychotherapy Treatment Planner, Third Edition
The Child Psychotherapy Treatment Planner, Third Edition
The Adolescent Psychotherapy Treatment Planner, Third Edition
The Addiction Treatment Planner, Second Edition
The Continuum of Care Treatment Planner
The Couples Psychotherapy Treatment Planner
The Employee Assistance Treatment Planner
The Pastoral Counseling Treatment Planner
The Older Adult Psychotherapy Treatment Planner
The Behavioral Medicine Treatment Planner
The Group Therapy Treatment Planner
The Gay and Lesbian Psychotherapy Treatment Planner
The Family Therapy Treatment Planner
The Severe and Persistent Mental Illness Treatment Planner
The Mental Retardation and Developmental Disability Treatment Planner
The Social Work and Human Services Treatment Planner
The Crisis Counseling and Traumatic Events Treatment Planner
The Personality Disorders Treatment Planner
The Rehabilitation Psychology Treatment Planner
The Special Education Treatment Planner
The Juvenile Justice and Residential Care Treatment Planner
The School Counseling and School Social Work Treatment Planner
The Sexual Abuse Victim and Sexual Offender Treatment Planner
The Probation and Parole Treatment Planner
The Psychopharmacology Treatment Planner
The Speech-Language Pathology Treatment Planner
The Suicide and Homicide Risk Assessment & Prevention Treatment Planner
The College Student Counseling Treatment Planner

Progress Note Planners
The Child Psychotherapy Progress Notes Planner, Second Edition
The Adolescent Psychotherapy Progress Notes Planner, Second Edition
The Adult Psychotherapy Progress Notes Planner, Second Edition
The Addiction Progress Notes Planner
The Severe and Persistent Mental Illness Progress Notes Planner
The Couples Psychotherapy Progress Notes Planner
The Family Therapy Progress Notes Planner

Homework Planners
Brief Therapy Homework Planner
Brief Couples Therapy Homework Planner
Brief Adolescent Therapy Homework Planner
Brief Child Therapy Homework Planner
Brief Employee Assistance Homework Planner
Brief Family Therapy Homework Planner
Grief Counseling Homework Planner
Group Therapy Homework Planner
Divorce Counseling Homework Planner
School Counseling and School Social Work Homework Planner
Child Therapy Activity and Homework Planner
Addiction Treatment Homework Planner, Second Edition
Adolescent Psychotherapy Homework Planner II
Adult Psychotherapy Homework Planner

Client Education Handout Planners
Adult Client Education Handout Planner
Child and Adolescent Client Education Handout Planner
Couples and Family Client Education Handout Planner

Documentation Sourcebooks
The Clinical Documentation Sourcebook, Second Edition
The Forensic Documentation Sourcebook
The Psychotherapy Documentation Primer
The Chemical Dependence Treatment Documentation Sourcebook
The Couple and Family Clinical Documentation Sourcebook
The Continuum of Care Clinical Documentation Sourcebook

Complete Planners
The Complete Depression Treatment and Homework Planner
The Complete Anxiety Treatment and Homework Planner
The College Student Counseling Treatment Planner

Camille Helkowski
Chris E. Stout
Arthur E. Jongsma, Jr.
To my students, who have always been my best teachers.

—C.H.

To my ever-understanding mother-in-law, Mary Louise (Wentz) Beckstrand, whose Door County, Wisconsin, home became a wonderful retreat for my writing projects.

—C.E.S.

In memory of my mother, Harmina Doot, whose sacrificial love and joyful spirit continues to glow in the hearts of her family.

—A.E.J.
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The practice of psychotherapy has a dimension that did not exist 30, 20, or even 15 years ago—accountability. Treatment programs, public agencies, clinics, and even group and solo practitioners must now justify the treatment of patients to outside review entities that control the payment of fees. This development has resulted in an explosion of paperwork. Clinicians must now document what has been done in treatment, what is planned for the future, and what the anticipated outcomes of the interventions are. The books and software in this PracticePlanners series are designed to help practitioners fulfill these documentation requirements efficiently and professionally.

The PracticePlanners series is growing rapidly. It now includes not only the original The Complete Adult Psychotherapy Treatment Planner, Third Edition, The Child Psychotherapy Treatment Planner, Third Edition, and The Adolescent Psychotherapy Treatment Planner, Third Edition, but also Treatment Planners targeted to specialty areas of practice, including: addictions, juvenile justice/residential care, couples therapy, employee assistance, behavioral medicine, therapy with older adults, pastoral counseling, family therapy, group therapy, neuropsychology, therapy with gays and lesbians, special education, school counseling, probation and parole, therapy with sexual abuse victims and offenders, and more.

Several of the Treatment Planner books now have companion Progress Notes Planners (e.g., Adult, Adolescent, Child, Addictions, Severe and Persistent Mental Illness, Couples). More of these planners that provide a menu of progress statements that elaborate on the client’s symptom presentation and the provider’s therapeutic intervention are in production. Each Progress Notes Planner statement is directly integrated with “Behavioral Definitions” and “Therapeutic Interventions” items from the companion Treatment Planner.

The list of therapeutic Homework Planners is also growing from the original Brief Therapy Homework for Adult to Adolescent, Child, Couples, Group, Family, Addictions, Divorce, Grief, Employee Assistance, and School Counseling/School Social Work Homework Planners. Each of these books can be used alone or in conjunction with their companion Treatment Planner. Homework assignments are designed around each presenting problem (e.g., Anxiety, Depression, Chemical Dependence, Anger
Management, Panic, Eating Disorders) that is the focus of a chapter in its corresponding Treatment Planner.

Client Education Handout Planners, a new branch in the series, provides brochures and handouts to help educate and inform adult, child, adolescent, couples, and family clients on a myriad of mental health issues, as well as life skills techniques. The list of presenting problems for which information is provided mirrors the list of presenting problems in the Treatment Planner of the title similar to that of the Handout Planner. Thus, the problems for which educational material is provided in the Child and Adolescent Client Education Handout Planner reflect the presenting problems listed in The Child and Adolescent Psychotherapy Treatment Planner books. Handouts are included on CD-ROMs for easy printing and are ideal for use in waiting rooms, at presentations, as newsletters, or as information for clients struggling with mental illness issues.

In addition, the series also includes TheraScribe®, the latest version of the popular treatment planning, clinical record-keeping software. TheraScribe allows the user to import the data from any of the Treatment Planner, Progress Notes Planner, or Homework Planner books into the software’s expandable database. Then the point-and-click method can create a detailed, neatly organized, individualized, and customized treatment plan along with optional integrated progress notes and homework assignments.

Adjunctive books, such as The Psychotherapy Documentation Primer, and Clinical, Forensic, Child, Couples and Family, Continuum of Care, and Chemical Dependence Documentation Sourcebook contain forms and resources to aid the mental health practice management. The goal of the series is to provide practitioners with the resources they need to provide high-quality care in the era of accountability—or, to put it simply, we seek to help you spend more time on patients, and less time on paperwork.

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—C.H. and C.E.S.

Each book in the PracticePlanner series is a joint effort between uniquely qualified experts in a specific field and myself. This treatment planner book is no exception. Cam Helkowski and Chris Stout have brought their mental health expertise to focus on a topic that has received increased public attention recently, college student counseling. These two coauthors were wonderful to work with and always prompt, open to suggestions, and thoroughly professional. Thank you Cam and Chris.

My publishing team at Wiley, Peggy Alexander, David Bernstein, Judi Knott, Cris Wojdylo, and Micheline Frederick, continue to provide enthusiastic support to this PracticePlanner project as it enters its tenth year. Thank you all.

—A.E.J.
INTRODUCTION

Since the early 1960s, formalized treatment planning has gradually become a vital aspect of the health-care delivery system, whether it is treatment related to physical health, mental health, child welfare, or substance abuse. What started in the medical sector in the 1960s spread into the mental health sector in the 1970s as clinics, psychiatric hospitals, agencies, and so on, began to seek accreditation from bodies such as the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) to qualify for third-party reimbursements.

With the advent of managed care in the 1980s, treatment planning took on even more importance. Managed care systems insist that clinicians move rapidly from assessment of the problem to the formulation and implementation of the treatment plan. The goal of most managed care companies is to expedite the treatment process by prompting the client and treatment provider to focus on identifying and changing behavioral problems as quickly as possible. Treatment plans must be specific as to the presenting problems, behaviorally defined symptoms, treatment goals and objectives, and interventions. Treatment plans must be individualized to meet the client’s needs and goals, and the observable objectives must allow for setting milestones that can be used to chart the client’s progress. Pressure from third-party payors, accrediting agencies, and other outside parties has therefore increased the need for clinicians to produce effective, high-quality treatment plans in a short time frame. However, many mental health providers have little experience in treatment plan development. Our purpose in writing this book is to clarify, simplify, and accelerate the treatment planning process.

PLANNER FOCUS

The College Student Counseling Treatment Planner is designed for counselors, social workers, psychologists, and other mental health specialists who provide guidance, counseling, and therapeutic support to college