

## Some Wellbeing Plan Examples accepted by ACC

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### Example 1 - Treatment Goals Overview

*What are the broad, overall goals for the client's treatment with regards to the covered mental injury?*

*The Supported Assessment has indicated that the focus of the recovery work should be:*

1. Interrupting self- defeating schema and behaviour patterns,
2. Strengthening pro-social coping strategies in the face of stress and PTSD triggers
3. Emotional and self- regulation skills, including assertive communication, relaxation techniques
4. A safety plan of social support based upon the clients developmental needs
5. Inner child work and revisiting the abuse with an adult's personal resources
6. Strengthening the inner resources of the client so that he is more able to develop self- nurturing and self- protective strategies and develop more internal emotional support.

*What will the client be able to do differently if the treatment has been successful?*

The client will be able to sustain a deeper relationship with a partner without becoming overly jealous or sabotaging; he will be able to self- nurture more consistently; be able to emotionally regulate himself better without the use of drugs, and develop a range of pro-social coping skills.

### Recovery goal: Safety plan for emotional support

***Why has this goal been selected?*** The client in the past has used drugs to cope and dissociate rather than face life directly

***How will this goal be achieved?*** By developing a safety plan of options to use when he is tempted to use anti- social coping strategies

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***Which practitioners will be involved*** in achieving this goal? xxxxxxxxx

***How will progress towards this goal be measured?*** Client self-report of putting plan into action

***What is the expected timeframe*** for achievement of this goal? 3 months

**Recovery goal:** Inner Child work to strengthen the ability to self- nurture and protect his traumatised inner self by revisiting the abuse scenario with the resources now of the adult

***Why has this goal been selected?*** The client has developed patterns of self-criticism and a lack of self- nurturance strategies

***How will this goal be achieved?*** Using inner child visualisation and rescue strategies, as well as developing a 'safe place' for internal self- soothing. This will be combined with strategies of identifying experienced nurturing and protection from Developmental Needs Therapy as suggested by the assessor.

***Which practitioners will be involved in achieving this goal?*** xxxxxxxxx

***How will progress towards this goal be measured?*** Client self- report of reduction of triggering by other people and ability to sustain closer intimacy with family members

***What is the expected timeframe for achievement*** of this goal? 6 months

**Recovery goal: Emotional self- regulation skills**

***Why has this goal been selected?*** The client has exhibited a lack of these in the past and hence needed to use external supports such as drugs in order to reduce negative trauma symptoms

***How will this goal be achieved?*** By using EFT to show the client how to deal with immediately overwhelming emotions, use of relaxation techniques, stress coping skills, visualisation and practice of upcoming stressful situations

***Which practitioners will be involved*** in achieving this goal? xxxxxxxxx

***How will progress towards this goal be measured?*** Client self- report

***What is the expected timeframe*** for achievement of this goal? 6 months

### Recovery goal: Identifying developmental needs

**Why has this goal been selected?** The client has a long history of attachment difficulties which self-reinforces his pattern of fears of abandonment by a partner and self-sabotage of close relationships

**How will this goal be achieved?** By identifying his attachment pattern using an attachment psychometric, using this as a basis for developing relationship strategies and intimacy tolerance and then using modalities from Developmental Needs Meeting Strategy as suggested by the assessor. Some of the EMDR protocols of identifying strengths, positive memories and processing of negative memories will supplement this approach.

**Which practitioners will be involved** in achieving this goal? xxxxxxxx

**How will progress towards this goal** be measured? Client self-report

What is the expected timeframe for achievement of this goal? 6 months

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### Example 2 - Treatment goals overview

*What are the broad, overall goals for the client's treatment with regards to the covered mental injury?*

The client reports difficulties in his life regarding problems with:

- Relaxing and keeping "on the go" most of the time and has awareness that he is keeping busy to avoid thinking about or feeling the effects of his abuse. Coffee consumption is part of this pattern
- Unresolved feelings of guilt and shame from involvement in his abuse. Often having feelings of unworthiness for God's blessing.
- Anxiety about deeper involvement in intimate relationships especially sexually
- Waking up in a morning with feelings of dread
- Sleep disturbances, both getting to sleep as well as reporting nightmares related to his abuse

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- Low frustration tolerance and feelings of anger and irritability
- Apprehension about retiring as this will remove some of his coping mechanisms of keeping busy as well as changing his view of himself as successful.

### *8. Recovery goals and treatment plan*

*What will the client be able to do differently if the treatment has been successful?*

The client will be able to report restful, unbroken sleep untroubled by abuse related nightmares, be drinking less coffee, be able to relax without fearing the encroachment of uncomfortable abuse related feelings and having resolved feelings of guilt and shame originating in his involvement in the sexual abuse.

### **Recovery goal: Assessment and treatment of difficulties linked to sleeping**

***Why has this goal been selected?*** The client has complained of poor sleep for many years since his abuse including restless leg syndrome, nightmares and short time sleeping.

***How will this goal be achieved?*** Referral by his GP to a Sleep Clinic Service either provided by the Waikato District Health Board at Waikato Hospital which has a 3 bed sleep laboratory or Sleep Well Clinic which takes referrals from GPs

***Which practitioners will be involved*** in achieving this goal? Waikato Health Board doctors or Sleep Clinic medical staff

***How will progress towards this goal be measured?*** Report from the clinic as well as client self- report

***What is the expected timeframe for achievement of this goal?*** Unknown at this stage prior to an assessment by the Sleep Clinic

### **Recovery goal: Low frustration tolerance and displays of inappropriate anger**

***Why has this goal been selected?*** It is believed that this occurs due to unprocessed aspects of the sexual abuse which leads to being easily triggered especially in inter- personal interactions and to limited capacity to integrate current life events

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***How will this goal be achieved?*** By using CBT to address the negative cognitions generating the anger, Both EFT Tapping and ImTT Image Transformation Therapy to address the Somatic and Emotional reservoirs of Excitatory memories and emotions and to help the client process information through these blocked internal neuro-vagal pathways.

Which practitioners will be involved in achieving this goal? xxxxxxxx

***How will progress towards this goal be measured?*** Psychometrics such as NAPAS scale (The Negative and Positive Affect Scale, OR Kessler Psychological Distress Scale OR Perceived Stress Scale (PSS) as well as Client self- report

***What is the expected timeframe for achievement of this goal?*** 12 months

### **Recovery goal: Amelioration of remaining symptoms of PTSD**

***Why has this goal been selected?*** Assessments have shown re-occurring symptoms of agitation, shame and guilt, dread and unworthiness due to his involvement in the sexual abuse.

***How will this goal be achieved?*** By the use of CBT to address negative cognitions, EFT Tapping and ImTT Image Transformation Therapy to address somatic and emotional triggers and reservoirs of distress as well as helping to resolve traumatic memories through the 8 fold protocols of EMDR.

***Which practitioners will be involved*** in achieving this goal? xxxxxxxx

***How will progress towards this goal be measured?*** Psychometrics such as PTSD Checklist (PCL) or Kessler Psychological Distress Scale as well as client self- report

***What is the expected timeframe for*** achievement of this goal? 1 year

### **Recovery goal: Assisting the client to more able to benefit from and able to enact relaxation**

***Why has this goal been selected?*** It is believed that this both contributes to some of the client's sleep difficulties and to his sense of 'driveness' to avoid uncomfortable feelings. A state of relaxation is relatively unknown by the client.

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***How will this goal be achieved?*** The use of relaxation techniques , body scan and progressive relaxation techniques and abdominal breathing re-training exercises and safe place visualisations to assist the client to develop self-soothing and calming strategies

***Which practitioners will be involved*** in achieving this goal? xxxxxxxx

***How will progress towards this goal be measured?*** Client self -report

***What is the expected timeframe*** for achievement of this goal? 6 months

**Recovery goal: Future goal of developing more effective intimacy skills and resolution of fear of intimacy with his partner. However it is not envisaged to begin this goal until progress is made with the above goals of recovery**

***Why has this goal been selected?*** This has been identified by the client as an ongoing difficulty by the client

***How will this goal be achieved?*** By the provision of couple related intimacy exercises, using imaginal exposure techniques, and self- managing techniques for anxiety

***Which practitioners will be involved in achieving this goal?*** xxxxxxxx

***How will progress towards this goal be measured?*** Client and partner self-report

***What is the expected timeframe*** for achievement of this goal? One year

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