

Grief Treatment Plan

The plan outlines the critical components of treatment and provides a framework to assess clients' progress and adjust the plan as needed. Professionals can use this plan to provide clients with a comprehensive and individualized approach to grieving that supports their healing and growth.

Name:					
Gender:			Age:		
Component	Responses	Goals	Strategies	Timeline	Instructions
Assessment • What is the nature of the loss? • How long ago did it occur? • What is the client's current emotional state? • Is the client experiencing any physical symptoms?					
Education • What is the normal grieving process?! • How long does it typically last? • What are some common symptoms of grief?					
Coping Skills • What coping skills does the client currently use? • Are they effective? • What coping skills does the client need to develop or improve?					

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Grief Work • What emotions is the client experiencing? • What unresolved issues related to the loss are present? • What strategies can the client use to address these issues?					
Support System • Who is the client's support system? • Are they helpful or harmful? • Does the client need additional support?					
Review and Evaluation • How is the client progressing? • What areas of treatment are effective? • What areas need to be adjusted?					
Additional Notes					