“Captain of the Ship” Project – Obsessive-Compulsive Disorders

In this Assignment, you become the “captain of the ship” as you provide treatment recommendations and identify medical management, community support resources, and follow-up plans for a client with an obsessive-compulsive disorder.

**Students will:**

* Recommend psychopharmacologic treatments based on therapeutic endpoints for clients with obsessive-compulsive disorders
* Recommend psychotherapy based on therapeutic endpoints for clients with obsessive-compulsive disorders
* Identify medical management needs for clients with obsessive-compulsive disorders
* Identify community support resources for clients with obsessive-compulsive disorders
* Recommend follow-up plans for clients with depression disorders

To prepare for this Assignment:

* Select an adult or older adult client with an obsessive-compulsive disorder you have seen in your practicum.

In 3–4 pages, write a treatment plan for your client in which you do the following:

* Describe the HPI and clinical impression for the client.
* Recommend psychopharmacologic treatments and describe specific and therapeutic endpoints for your psychopharmacologic agent. (This should relate to HPI and clinical impression.)
* Recommend psychotherapy choices (individual, family, and group) and specific therapeutic endpoints for your choices.
* Identify medical management needs, including primary care needs, specific to this client.
* Identify community support resources (housing, socioeconomic needs, etc.) and community agencies that are available to assist the client.
* Recommend a plan for follow-up intensity and frequency and collaboration with other providers.