

POSSIBLE TREATMENT PLAN GOALS AND OBJECTIVES FOR KIDS AND ADOLESCENTS

-- Adapted by Barbara Griswold LMFT (Author, *Navigating the Insurance Maze: The Therapist's Complete Guide*, theinsurancemaze.com) from "Treatment Planning for Children and Adolescents, Long and Short Term Treatment Goals" Prepared by Nancy Lever, Ph.D. and Jennifer Pitchford, LCPC

ACADEMIC

Goal: Reduce academic impairment; Improve school engagement and performance

Possible Objectives:

- Client will increase the times he/she attends coach classes/tutoring from ____ times per week to ____ times per week.
- Client will increase the times he/she turns in homework from ____ times per week to ____ times per week.
- Teacher reports of student effort will show improvement from current level of _____ to _____ (using academic feedback chart/form).
- Client will attend school 80% of the time (current level ____%).
- Client will be on time for school 90% of the time (current level ____%)

ANGER:

Goal: Client will improve ability to express anger in a healthy manner.

Possible Objectives:

- Client will decrease the times he/she has a negative encounter with the police.
- Client will significantly reduce the intensity and frequency of verbal and physical aggression.
- Client will reduce frequency of physical fights from ____ to ____ times per week.
- Client will decrease office referrals from ____ per month to ____ per month.
- Client will decrease suspensions and expulsions during the academic school year.
- Client will increase the times he/she demonstrates positive coping skills from ____ times per week to ____ times per week when frustrated in classroom (using behavior chart).
- Client will increase the time he/she demonstrates skills to walk away from and/or avoid conflict from ____ times per week to ____ times per week (using behavior chart).
- Client will role-play how to use words instead of actions in a conflictual situation in session

ANXIETY:

Goal: Client's anxiety will no longer be at a clinical level and client will demonstrate improved functioning.

Possible Objectives:

- Client will be able to identify and verbalize sources of anxiety, fears, and concerns
- Client will be able to take steps to soothe self when anxious
- Client will no longer exhibit a particular phobia.
- Client will show a decrease in anxiety from ____ to ____ on an anxiety measure over school year.

BODY IMAGE

Goal: Client will eat in a healthy manner and will have a realistic view of his or her body size.

Possible Objectives:

- Client will not engage in any binges or purging.
- Client will be able to report feeling more accepting of and positive toward his or her body.
- Client will identify two positive physical attributes at least one time per session.
- Client will discuss eating habits and healthy eating at least one time per session.
- Client will express thoughts/feelings related to body image at least one time per session.

DEPRESSION

Goal: Client's anxiety will no longer be at a clinical level and client will demonstrate improved functioning.

Possible Objectives:

- Client will demonstrate positive self-talk at least one time per session.
 - Client will increase engagement in relaxation techniques from ____ times to ____ times per week (recorded on chart/in journal).
 - Client will be able to identify precipitants/triggers to anxiety one time per session.
 - Client will use thought-stopping techniques one time per week (recorded on chart/in journal).
 - Client will decrease depressive symptoms.
 - Client will not exhibit any suicidal actions or gestures.
 - Client's depression will no longer be at a clinical level and he or she will demonstrate improved functioning.
 - Client will report ability to identify sources contributing to the depression and will demonstrate improved mood .
 - Clients scores on the _____ will go from the Severe Depression to the Mild Depression Range
Client will be able to identify negative self-talk at least one time per session.
 - Client will report s/he was able to verbalize sadness to family or peer at least one time per week (record in journal).
 - Client will increase number of positive self-statements/affirmations in session from current level of _____ to _____.
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POSSIBLE TREATMENT PLAN GOALS AND OBJECTIVES FOR KIDS AND ADOLESCENTS (cont.)

DISRUPTIVE CLASSROOM BEHAVIOR

Goal: Client will decrease disruptive behavior in the classroom.

Possible Objectives:

- Client will follow teacher directions in the classroom.
- Client will increase the times he/she is in seat when expected to be (tracked on behavior chart – 3 warnings per day).
- Client will say at least 1 nice thing to a classmate per day in the classroom (tracked on behavior chart).
- Client will raise hand appropriately at least one time per day in class (tracked on behavior chart).
- Client will have appropriate materials on desk at least 2 times during the school day (tracked on behavior chart).
- Client will remain quiet unless otherwise directed with two reminders per class.
- Clinician will observe student in classroom setting and see a decrease in _____ from _____ to _____.

FAMILY CONFLICT

Goal: The family will handle upsets without resorting to violence or verbal aggression.

Possible Objectives:

- The family will demonstrate improved communication skills and problem solving skills with one another.
- The family will demonstrate the ability to work together to deal with problems.
- Client will verbalize feelings related to family conflicts at least two times per month.
- Client will express willingness to involve family in family sessions at least one time per month.
- Family will attend family sessions at least one time per month.
- Family will have family meetings ___ time(s) per week and report on each meeting during family session.
- Client will increase family engagement from ___ positive activities to ___ positive activities per week.
- Client will be expressing feelings/thoughts by using “I” statements at least one time per family session.

IMPULSIVITY

Goal: Client will be able to regularly maintain patience and process thoughts and feelings before acting.

Possible Objectives:

- Client will be able to regularly maintain patience and process thoughts and feelings before acting.
- Client will learn necessary skills to problem-solve before acting on first impulse.
- Client will identify two triggers for impulsivity each session.
- Client will identify consequences of impulsivity each session.
- Client will be able to appropriately wait for his or her turn in an activity at least one time during session each week.
- Client will increase the time he/she raises his/her hand during group sessions from ___ times per group to ___ times per group.

LYING

Goal: Client will reduce lying and be able to discuss consequences of lying.

Possible Objectives:

- Client will accept responsibility for own role in conflicts at least one time per session.
- Client will gain insight into the consequences of lying and will resolve sources behind his or her lying.
Client will reduce lying from ___ times per day to ___ times (recorded on behavior chart).
- Client will be able to verbalize the negative impacts of lying
- Client will reduce lying to less than once per session.
- Parent/Teacher reports of lying will decrease from ___ times per week to ___ times per week (recorded on behavior chart).
- Client will take responsibility and ownership for lying when confronted

OPPOSITIONALITY

Goal: Client will show a reduction of negative interactions with adults/authority figures.

Possible Objectives:

- Client will increasingly comply with rules in classroom.
- Client will gain insight into anger behind oppositionality and will resolve source of this upset.
- Client will show an increase in positive interactions with adult authority figures and will demonstrate some level of respect and consideration for them.
- Client will decrease suspensions from ___ times per month/quarter to ___ times per month/quarter.
- Client will decrease office referrals from ___ times per week/month to ___ times per week/month.
- Client will engage in at least one positive interactions with a teacher or administrator each day (recorded on behavior chart).

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POSSIBLE TREATMENT PLAN GOALS AND OBJECTIVES FOR KIDS AND ADOLESCENTS (cont.)

POOR SOCIAL SKILLS

Goal: Client will improve social skills and increase support system.

Possible Objectives:

- Client will be able to establish and maintain a friendship with another peer.
- Client will be able to interact with peers at an age appropriate level.
- Client will be accepted by peers and will have the necessary skills to handle common social situations.
- Client will engage in social skill-building sessions in school once per week.
- Client will initiate at least 1 positive social interaction with peers in group session each week.
- Client will increase positive social interactions in class from ____ positive social interactions to ____ positive social interactions.
- Client will verbalize how their behavior impacts others at least one time per session.
- Client will be able to verbalize connections between thoughts/feelings and behavior at least one time per session.

RELATIONSHIPS

Goal: Client will be willing to end unhealthy relationships and to expect positive treatment from others.

Possible Objectives:

- Client will be able to identify issues that may be the source of problems in his or her relationships.
- Client will be able to identify positive traits that they expect in a partner at least one time per month.
- Client will be able to verbalize their feelings/thoughts related to relationships at least one time per session.
- Client will be able to role-play healthy and assertive communication in each session.
- Client will engage in healthy and safe dating practices and be able to verbalize them.
- Client will participate in a supportive group session twice a month with peers.

SEXUAL / PHYSICAL ABUSE

Goal: Client will be able to verbalize thoughts and feelings related to the abuse and to establish healthy relationships with others.

Possible Objectives:

- Client will be able to verbalize thoughts and feelings related to the abuse and to establish healthy relationships with others.
- Client will be able to create appropriate boundaries with others and to create and follow a safety plan.
- Client will be able to verbalize thoughts and feelings related to the abuse and to move forward in own recovery.
- Client will be able to verbalize his/her feelings and thoughts connected to the abuse at least one time per month.
- Client will identify triggers that are connected to memories of the abuse and discuss at least one time per month.
- Client will develop a safety plan with therapist.
- Client will reduce nightmares from ____ to ____ times each week.
- Client will show a reduction in trauma related symptoms including _____ from ____ times to ____ per month.

SUBSTANCE USE/ ABUSE

Goal: Client will no longer be abusing substances.

Possible Objectives:

- Client will be able to gain insight into his or her addiction and will recognize patterns that lead to abuse.
- Client will develop friendships and relationships that support sobriety.
- Client will develop and enhance problem solving and coping skills necessary to maintain a drug-free existence.
- Client will be able to verbalize that substance abuse is a concern in his or her life.
- Client will demonstrate a reduction in reported substance usage from ____ times to ____ times per week.
- Client will identify and demonstrate positive coping skills at least one time per session.
- Client will identify precipitants to drug usage and discuss in session at least once per month.
- Client will attend drug treatment or support groups one time per week.
- Client will identify negative consequences of usage.

TANTRUMS

Goal: Client will no longer exhibit any tantrums.

Possible Objectives:

- Client will be able to express upset in a healthier manner and will develop positive coping skills.
- Client will practice deescalating techniques at least one time per session.
- Client will reduce number of tantrums in classroom from ____ to ____ per week.
- Client will reduce time spent in tantrums from ____ to ____ per week.
- Client will be able to identify precipitants to tantrums in session
- Client will be able to role play positive coping skills in session twice per month.
- Client will form positive connections with two peers by the end of the school year.