

TREATMENT PLAN GOALS / OBJECTIVES

Note: Always make objectives measurable, e.g., 3 out of 5 times, 100%, learn 3 skills, etc., unless they are measurable on their own as in “List and discuss [issue] weekly...”

Abuse/Neglect

Goal: Explore and resolve issues relating to history of abuse/neglect victimization

- Share details of the abuse/neglect with therapist as able to do so
- Learn about typical long term/residual effects of traumatic life experiences
- Develop two strategies to help cope with stressful reminders/memories

Alcohol/Drugs and Other Addictions

Goal: Be free of drug/alcohol use/abuse

- Avoid people, places and situations where temptation might be overwhelming
- Explore dynamics relating to being the [child/husband/wife] of an [alcoholic/addict] and discuss them each week at support group meetings
- Learn five triggers for alcohol & drug use
- Reach ____ days/months/years of clean/sober living

Adoption/Foster Care Placement

Goal: Explore and resolve issues related to adoption/out-of-home placement

- Discuss ongoing concerns and issues related to adoptive and/or biological parents during weekly sessions
- Talk about his/her wishes with regard to permanency planning

Anger

Goal: Increase and practice ability to manage anger

- Walk away from situations that trigger strong emotions (100%)
- Be free of tantrums/explosive episodes
- Learn two positive anger management skills
- Learn three ways to communicate verbally when angry
- Be able to express anger in a productive manner without destroying property or personal belongings
- Be able to express anger without yelling and using foul language
- Explore and resolve conflict with ____ (list triggers)
- Get through an entire day without an angry mood swing (or breaking/punching...)
- Get through a whole week without fighting with ____
- Take a time-out when things get upsetting
- Learn and practice anger management skills especially in situations where people are not treating him/her respectfully

Anxiety

Goal: Develop strategies to reduce symptoms, or
Reduce anxiety and improve coping skills

- Be free of panic episodes (100%)
- Recognize and plan for top five anxiety-provoking situations
- Learn two new ways of coping with routine stressors
- Report feeling more positive about self and abilities during therapy sessions
- Develop strategies for thought distraction when fixating on the future

Behavior Problems

Goal: Improve overall behavior (and attitude/mood), or
Maintain positive behavior (and attitude/mood)

- Be free of _____ behavior
- Develop a reward system to address ____ (target problem)
- Learn two ways to manage frustration in a positive manner
- Share two positive experiences each week in which X is proud of how he/she has behaved
- Stay free of fights
- Stay free of drug & alcohol use and abuse (100%)
- Be free of violent behavior
- Be able to keep hands and feet to self
- Be able to express anger in a productive manner without destroying property or personal belongings
- Be free of threats to self and others
- Complete daily tasks (e.g. chores, pet care, self care, etc.)
- Avoid leaving clothing/toys/personal stuff all around the house
- Listen to parent and follow simple directions with one prompt
- Put all dishes, glasses, cups, and food items back in the kitchen after meals/snacks
- Clean up after himself/herself
- Admit and accept personal responsibility for own actions/behavior
- Be respectful of adults and avoid talking back
- Get through a whole week without fighting with _____
- Avoid behavior that would result in a loss of custody
- Be able to play with others peacefully for _____ minutes
- Come home each day by _____ (time)
- Keep parents informed about where you are and when you will be home
- Be in bed by _____ each night
- Be free of bedwetting
- Be free of wet/soiled underwear
- If an accident happens, be responsible and clean it up
- Be free of any behavior that could result in loss of job
- Remain free of behaviors which would lead to arrest
- Comply with all aspects of probation/parole and avoid behavior that could violate
- Eat/swallow only items intended to be food

Communication Skills

Goal: Learn and use effective communication strategies

- Talk nice or do not say anything at all
- Learn three ways to communicate verbally when angry
- Be able to express anger in a productive manner without destroying property or personal belongings
- Be able to express anger without yelling and using foul language
- Be able to express wants and needs through spoken language
- Be able to ask questions and tell about instances
- Be able to stick up for self assertively
- Speak in a clear and concise manner so others fully understand him/her
- Learn to express feelings verbally without acting out

Crime

Goal: Remain free of behaviors which would lead to arrest/violation

- Keep working and comply with all aspects of probation
- Be able to express anger in a productive manner without destroying property or personal belongings
- Be free of threats to self and others
- Comply with all aspects of probation/parole and avoid behavior that could violate
- Be free of violent behavior
- Stay free of drug & alcohol use and abuse (100%)

Decision Making

Goal: Improve decision making skills

- Make short and simple "to do" lists and complete three tasks each day
- Celebrate little successes each day using positive self talk and/or journaling
- Be able to weigh options and make simple decisions within 5 minutes
- List three options for any major decisions and then discuss with therapist or family

Depression

Goal: Improve overall mood

- Be free of suicidal thoughts
- Call crisis hotline if having suicidal thoughts
- Report feeling more positive about self and abilities
- Get 7-8 hours of restful sleep every night
- Avoid napping/sleeping to escape other people and activities
- Shower, dress, and then do something every day
- Report feeling happy/better overall mood
- Make short and simple "to do" lists and complete three tasks each day
- Celebrate little successes each day using positive self talk and/or journaling
- Get through a day/week without a crying spell
- Develop strategies for thought distraction when ruminating on the past

Eating Disorders

Goal: Resolve eating disorder

- Eat a balanced diet of foods and maintain good overall health
- Gain ____ pounds
- Loose ____ pounds
- Be free of binge eating/purging
- Remove junk foods from home and limit future purchases
- Recognize/list environmental and situational triggers and develop alternative behaviors for coping with them
- Recognize emotional triggers and develop alternative ways of strategies for meeting emotional needs

Enuresis and Encopresis

Goal: Be free of wetting/soiling

- Avoid drinking near bedtime
- Eat high-fiber foods and avoid foods that constipate
- Go to the bathroom before going out of the house
- Sit on the toilet for 10-15 minutes after meals
- Avoid hiding wet/soiled clothing
- Take responsibility for helping clean up (e.g., put wet/soiled items in soak bucket)

Expression of Feelings, Wants and Needs

Goal: Learn appropriate ways to express different feelings

- Share two positive experiences each week in which client is proud of how he/she has behaved
- Gain knowledge of different feelings
- Turn to adults for help when feeling sad, angry or negative feelings
- Express feelings verbally rather than whine and/or cry about them
- Learn to express feelings verbally without acting out

Family Conflict

Goal: Learn and use conflict resolution skills

- Recognize patterns of family conflict discuss weekly in therapy
- Avoid angry outbursts by walking away from stressful situations
- Get through X days out of 7 without fighting with siblings
- Be respectful of ____: Listen, follow directions and avoid talking back
- Be able to live together peacefully, free of all angry physical contact
- Learn three ways to communicate verbally when angry
- Be able to express anger without yelling and using foul language
- Explore and resolve conflict with ____
- Be able to stick up for self assertively, not aggressively
- Be respectful of adults/don't talk back
- Get through a whole week without fighting with ____
- Speak in a clear and concise manner so others fully understand him/her
- Learn to express feelings verbally without acting out

Grief and Loss

Goal: Explore and resolve grief and loss issues

- Give sorrow words - discuss issues of grief weekly with therapist
- Continue to explore and resolve issues of grief/loss as they arise
- Get through a week without a crying spell
- Learn about the typical 2-7 year process of grieving the loss of a loved one
- Explore spirituality and the role it plays in redefining views about the meaning and purpose of life
- Create (write/draw) a soul sketch of the deceased loved one
- Plan a memorial service for the anniversary of the loss
- Develop appropriate rituals to remember and honor _____

Harm to self or others

Goal: Be free of thoughts of self-harm/self mutilation, or
Be free of thoughts to harm to others

- Learn two ways to manage frustration in a positive manner
- Explore triggers of thoughts to harm self or others
- Call crisis hotline when needed
- Report feeling more positive about self and abilities
- Explore and resolve stress from _____
- Develop a crisis plan and share it with key people
- Remove weapons from the home [and other means]
- List three emergency contacts who will be able to stay with you till a crisis passes

Health Issues

Goal: Manage physical healthcare conditions and cope with related stress

- Learn as much as possible about the condition(s) and needed treatment
- Take medications/treatments as prescribed on a daily basis
- Attend all scheduled appointments with the doctor
- Maintain good overall physical health and healthcare practices
- Report any medication concerns to the prescribing doctor ASAP
- Seek additional advocacy services from _____
- Seek additional support from _____

Hyperactivity

Goal: Improve overall behavior, or
Maintain positive behavior

- Be able to keep hands and feet to self
- Complete daily tasks (e.g. chores, pet care, self care, etc.)
- Listen to parent/teacher and follow simple directions with one prompt
- Behave in an age-appropriate manner
- Maintain passing grades
- Will be able to focus attention and complete school-related tasks each day
- Listen and take notes in all classes
- Will review homework and other projects with parents on the day they are assigned
- Be respectful of adults and avoid talking back
- Be able to play with others peacefully for ____ minutes
- Be free of any behavior that could result in detention/suspension
- Develop a reward system to address ____ (target problem)

Medication Management

Goal: Medication management

- Take medications as prescribed on a daily basis
- Attend all scheduled appointments with the psychiatrist
- Maintain good overall physical health and healthcare practices
- Report any medication concerns to the doctor ASAP

Mood Management

Goal: Maintain stability of mood, or
Improve overall mood, or
Maintain even mood, or
Increase ability to manage moods

- Learn two ways to manage frustration in a positive manner
- Be free of suicidal thoughts; call crisis hotline if having suicidal thoughts
- Report feeling more positive about self and abilities
- Report feeling happy/better mood (4 days out of 7)
- Get 7-8 hours of restful sleep every night
- Get through a week without a crying spell

Parenting

Goal: Improve parenting skills

- Set two limits and stick with a plan that will require more responsible behavior
- Focus on positive behavior and give attention then, rather than focus on negative things
- Learn and be able to effectively use transactional analysis to stay in “adult” mode
- Use “I” statements rather than “You” when communicating with _____
- Develop and consistently use a behavior modification plan, to increase/eliminate _____

Personal Hygiene and Self-care

Goal: Improve personal hygiene and attentiveness to independent/age appropriate self-care

- Brush teeth ____ times each day and floss _____
- Shower (take a bath) every day
- Use antiperspirant / deodorant every day after showering
- Brush/comb hair every morning
- Do a thorough job of wiping after toileting (100%)

Physical Health Issues

Goal: Cope with stress of physical health issues and chronic pain

- Explore and resolve thoughts and feelings that arise as a result of medical conditions and medications
- Learn two new strategies for coping with the above thoughts and feelings
- Reduce weight by _____ pounds
- Exercise for 20 minutes every day
- Learn strategies to advocate for him/herself with medical personnel
- Quit smoking (or drinking)
- Take medications as prescribed on a daily basis
- Attend all scheduled appointments with physicians
- Maintain good overall physical health and healthcare practices
- Report any medication concerns to the doctor ASAP
- Make and keep an appointment with _____ (dentist) for needed diagnosis and treatment

Relationships

Goal: Establish/maintain civil and supportive behavior

- Avoid angry outbursts by walking away from stressful situations
- Be free of affairs
- Be able to live together peacefully, free of all angry physical contact
- Learn three ways to communicate verbally when angry
- Explore peer and dating relationships to improve X's chance of staying safe and legal
- Be able to keep hands to self
- Be able to express anger without yelling and using foul language
- Explore and resolve conflict with _____
- Be able to stick up for self assertively
- Be respectful of parents/don't talk back
- Get through a whole week without fighting with _____
- Speak in a clear and concise manner so others fully understand him/her
- Be able to play with others peacefully for ____ minutes
- Learn to express feelings verbally without acting out
- Associate with healthy people and continue to make new friends
- Continue to explore relationship issues and slowly see new opportunities for dating
- Figure out why relationships fail and better plan for finding next partner
- Associate with people outside of work and make one or two new friends

School Issues

- Go to school every day
- Behave in an age-appropriate manner
- Maintain passing grades
- Will be able to focus attention and complete school-related tasks each day
- Listen and take notes in all classes
- Be free of suspensions and detentions
- Will review homework and other projects with parents on the day they are assigned

Self Image

Goal: Explore and resolve issues related to self image

- Discuss life events that led to and/or reinforce a negative self image during weekly therapy
- Use positive self talk daily
- Exercise daily (or _____ times per week)
- Drop _____ pounds
- Report feeling more positive about self and abilities
- Return to school and work on getting _____ (degree/diploma/GED)
- Change jobs to one that...(offers more pay and/or better suits skill set)
- Openly discuss issues relating to sexuality and become comfortable with sexual identity
- Explore spirituality and the role it plays in the meaning and purpose of life
- Engage in volunteer work and/or other meaningful activity at least three hours each week

Sleep Problems

Goal: Get 7-8 hours of restful sleep each night

- Limit consumption of food and drinks before bed
- Limit intake of caffeine (coffee, tea, soda) and chocolate after _____ (noon meal)
- Cut back on things that may impede normal sleep patterns (e.g., alcohol and some medications)
- Be in bed by _____ each night
- Have 30 minutes of quiet time before going to bed each night (e.g., read, meditate)
- Avoid overly stimulating shows/movies/video games before bedtime
- Avoid watching TV and chatting on the phone while in bed
- If not asleep in 20 minutes, get up and do something for a bit, rather than try to force sleep
- Leave a paper and pen to write worries down instead of ruminating on them
- Learn best practices for sleep (cooler room, limit caffeine, calming time before bed)
- Listen to relaxation/meditation music to aid falling asleep

Social Skills

Goal: Improve social skills

- Speak in a clear and concise way so others fully understand him/her
- Learn to express feelings verbally without acting out
- Make a new same-age friend
- Spend two hours playing with peers each week

Stress

Goal: Be able to cope with routine life stressors and take things in stride

- Assess personal risk traits and resiliency traits and discuss the role each plays in coping with daily stresses during the time between therapy sessions
- Learn two ways to manage frustration in a positive manner
- Get 7-8 hours of restful sleep every night
- Talk out routine stress events during weekly therapy sessions
- Explore and resolve residual stress from ____ (e.g., years as a first responder)
- Foster two new activities/interests that will help mitigate stress
- Exercise 20-30 minutes per day
- Learn and use meditation and relaxation techniques daily

Suicide

Goal: Be free of suicidal thoughts/attempts

- Explore and resolve stress from ____
- Call crisis hotline if having suicidal thoughts
- Develop a crisis plan and share it with key people
- Remove weapons from the home [and other means]
- List three emergency contacts who will be able to stay with you till a crisis passes

Thought Disorder

Goal: Improve ability to see world as others do

- Be free of false perceptions and [see/hear/smell/feel] things as others do
- Be free of false beliefs
- Be free of thoughts that others are out to get you
- Spend 2-3 hours each week visiting with others
- Visit the clubhouse and/or the consumer drop-in-center each week
- Report feeling comfortable spending time with others

Trauma

Goal: Explore and resolve issues related to _____ (traumatic event)

- Explore and resolve residual stress from _____ (e.g., years as a first responder)
- Share details of the trauma with therapist, as able to do so
- Reframe negative perceptions, when possible, and focus on finding meaning and drawing strength from the event
- Learn about typical long term/residual effects of traumatic life experiences
- Explore spirituality and the role it plays in life after traumatic events
- Learn about the typical 2-7 year process of rebuilding life after trauma

Vocational/Educational

Goal: Find a new job, or Keep present job, or Re-enter the work force

- Earn G.E.D.
- Explore options for returning to school/training
- Become an active member of a local clubhouse
- Complete college/technical school
- Develop a resume
- Seek two people who will serve as references
- Be free of any behavior that could result in loss of job/educational grants
- Find and settle into a new job

TREATMENT PLAN INTERVENTIONS (FOCUSING ON: _____)

- Acceptance (of limitations/reality)
- Accountability
- ACOA Issues
- Anger Management (e.g., punch bag/pillow)
- Art Therapy
- Assertiveness Training
- Behavior Modification (e.g., rewards)
- Best Practices for _____ (e.g., better sleep)
- Bibliotherapy
- Building on Strengths
- Career Counseling
- Coaching
- Cognitive-Behavioral Therapy
- Communication Skills
- Community
- Conflict Resolution
- Couples Therapy
- Crisis Planning
- Defusing/Debriefing
- Dignity/Self-worth
- Discipline
- Drug & Alcohol Referral
- Education (e.g., graduation/GED)
- Empathy
- Empowerment
- Encouragement
- Expression of Feelings
- Fair Fighting Skills
- Family Therapy
- Feedback Loops
- Forgiveness
- Gestalt Therapy
- Getting a Job (Better Job)
- Goal Planning/Orientation
- Good Choices/Bad Choices
- Good Touch/Bad Touch
- Gratitude
- Grief/Loss/Bereavement Issues
- Homework Assignments
- Humility
- Increasing Coping Skills
- Independence
- Journaling
- Letting Go
- Life Skills Training
- Listening
- Logical Consequences of Behavior
- Magic Question (3 wishes/magic wand)
- Making Friends
- MISA/MICA Issues (Dual Dx Treatment)
- Modeling Appropriate Behaviors
- Money Management
- Monitoring of _____
- Motivation
- Narrative Therapy
- Normalization
- Parent Effectiveness Training/Skills
- Partializing (breaking down goals into manageable pieces)
- Patience
- Perseverance
- Personal Hygiene
- Play Therapy
- Portion Control (Weight Control)
- Positive Self-talk
- Primal Screams
- Priority Setting
- Practice Exercises
- Processing _____ (e.g., guilty feelings)
- Psychodrama
- Psychoeducation
- Reality Therapy
- Recognizing _____ (e.g., self destructive patterns of behavior)
- Refer to _____
- Reframing
- Rehearsal
- Relapse Prevention
- Relationship Issues
- Relaxation Techniques (e.g., breathing)
- Responsibility for Actions
- Role Playing
- Self-care Skills
- Self-direction (Independence)
- Sexual Identity Issues
- Sexuality
- Solution-focused Therapy
- Spiritual Exploration
- Starting Over
- Stop-Think-Act
- Strength Focus/Listing
- Stress Inoculation
- Stress Management
- Supportive Relationships
- Talk Therapy
- Therapeutic Stories & Worksheets
- Timeouts
- Transactional Analysis (P-A-C)
- Trigger Recognition
- Twelve Step
- Socialization
- Social Skills Training
- Social-Vocational Training
- Values Clarification
- Verbal Communication Skills
- Weight Control/Loss
- Workbooks