

Depression - Treatment Planning Tool

Goals, Interventions & Objectives

**CHEAT
SHEET**

**25 Goals
each with
interventions &
objectives!**

Depression - Treatment Plan
Goals, Interventions & Objectives

Goal: Reduce the frequency and severity of depressive episodes.

Interventions:

- Cognitive Behavioral Therapy (CBT)
- Antidepressant medication
- Psychotherapy

Objectives:

- Reduce the frequency of depressive episodes from once a week to once every three months as measured by patient self-report or weekly therapy sessions.
- Decrease the severity of depressive episodes by 50% as measured by the Beck Depression Inventory (BDI-II) after eight weeks of treatment.
- Increase the frequency of positive emotions and experiences by 50% as measured by self-rated positive affect the majority of time.
- Manage side effects resulting in participation with the course of therapy, assessment by self-report and clinician rating.
- Increase engagement in psychotherapy sessions by attending at least two sessions weekly (80% attendance for CBT activity logs).
- Decrease the frequency of negative self-talk by 50% as measured by a thought diary completed weekly during therapy sessions.
- Improve overall functioning and quality of life by the end of 12 weeks of therapy sessions (measured by a quality of life scale at the end of 12 weeks as a validated measure).
- Be free of suicidal thoughts.
- Increase daily activity levels and engagement in psychotherapy sessions by the end of 12 weeks of therapy, increase daily activity level and engagement in psychotherapy sessions.

Ready to copy and paste into your treatment plan!



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• Improve overall functioning and quality of life by the end of 12 weeks of therapy sessions (measured by a quality of life scale at the end of 12 weeks as a validated measure).- Increase daily activity levels and engagement in psychotherapy sessions by the end of 12 weeks of therapy, increase daily activity level and engagement in psychotherapy sessions.

17 Pages

Measurable Depression Goals

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Measurable Depression Goals:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Measurable Depression Goals**

In a world inundated with displays and the cacophony of instantaneous conversation, the profound energy and emotional resonance of verbal artistry usually disappear in to obscurity, eclipsed by the continuous assault of sound and distractions. Yet, nestled within the musical pages of **Measurable Depression Goals**, a captivating perform of fictional elegance that impulses with natural feelings, lies an remarkable trip waiting to be embarked upon. Written by a virtuoso wordsmith, this magical opus guides readers on an emotional odyssey, lightly exposing the latent possible and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is key styles, dissect its interesting publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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