

# 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 daily mood journals over the course of four weeks.
- Manage side effects resulting in participation with the course of therapy, assessment by therapist and medication log.
- Increase engagement in psychotherapy sessions by attending at least two sessions weekly (80% attendance for CBT activity log).
- 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 validated functional assessment).
- 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 by increasing attendance and following at least two sessions weekly as measured by a weekly session attendance record.

• Decrease the frequency of depressive episodes by 50% as measured by the Beck Depression Inventory (BDI-II) after eight weeks of treatment.

**17 Pages**

# Measurable Treatment Goals For Depression

**Leonard Reich, Andrew Kolbasovsky**



## **Measurable Treatment Goals For Depression:**

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, **Measurable Treatment Goals For Depression** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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