

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 medication side effects in partnership with the primary care physician to minimize impact on treatment and adherence.
- Increase engagement in pleasurable activities by attending at least two separate events per week as measured by self-report 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 without increasing more than 10 on BDI score as a validated measure of improvement.
- Be free of suicidal thoughts.
- Increase daily activity levels and engagement in pleasurable activities by the end of 12 weeks of therapy, increase daily activity level and engagement in pleasurable activities.

Ready to copy and paste into your treatment plan!



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• Improve medication adherence by providing education and monitoring at least two follow-up sessions per week as measured by a weekly medication adherence checklist.

• Decrease self-reporting of negative thinking patterns by completing at least one weekly thought diary during therapy sessions.

• Be free of suicidal thoughts.

17 Pages

Measurable Treatment Goals For Depression

Shasha Hu



Measurable Treatment Goals For Depression:

Measurable Treatment Goals For Depression Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Measurable Treatment Goals For Depression**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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