

Goals, Interventions, Objectives

Anxiety: Treatment Planning Tool

25 Goals
each with
interventions &
objectives!

CHEAT
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Anxiety
Goals, Interventions & Objectives

Goal: Anxiety will no longer be at a clinical level and client will demonstrate improved functioning.

Interventions:

- Focus on developing a level of trust with the client.
- Provide psychoeducation on anxiety.
- Implement assessment tools.

Objectives:

- Identify and verbalize top sources of anxiety, fears, and concerns and 3 coping skills for managing anxiety.
- Able to work with when anxious over 50% of the time within 4 weeks of therapy.
- Client will show a decrease in anxiety from _____ to _____ on an anxiety measurement tool over a 12-week period.
- Scores on the Severity Measure for Generalized Anxiety Disorder will decrease from 50 currently to 10 or less by _____.
- Able to engage successfully in 1 identified activity that was once avoided due to anxiety symptoms.
- Increase functioning as indicated by subjective report of anxiety free days 5 days per week.
- Report a decrease in overall frequency and intensity of anxiety response so that daily functioning is not impaired.
- Take medication as prescribed.

Goal: Reduce overall frequency, intensity, and duration of anxiety so that daily function is not impaired.

Interventions:

- Teach client how to recognize and avoid triggers.
- Teach CBT to identify and challenge negative thought patterns.
- Discuss how "worry time" can be an effective tool in managing anxiety.

Objectives:

- Describe the situations, thoughts and feelings that impact functioning and attempts to cope.
- Attend at least 10 sessions of cognitive behavioral therapy (CBT) to identify and of negative thought patterns, practice relaxation techniques, and develop coping skills anxiety symptoms. Track progress by using validated self-report measures of anxiety functional impairment before and after each session, and set specific goals for reducing frequency, intensity, and duration of anxiety between sessions.

14
Pages



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Measurable Treatment Goals

Ian Pickup



Measurable Treatment Goals:

This book delves into Measurable Treatment Goals. Measurable Treatment Goals is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Measurable Treatment Goals, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Measurable Treatment Goals
- Chapter 2: Essential Elements of Measurable Treatment Goals
- Chapter 3: Measurable Treatment Goals in Everyday Life
- Chapter 4: Measurable Treatment Goals in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Measurable Treatment Goals. This chapter will explore what Measurable Treatment Goals is, why Measurable Treatment Goals is vital, and how to effectively learn about Measurable Treatment Goals.

3. In chapter 2, this book will delve into the foundational concepts of Measurable Treatment Goals. This chapter will elucidate the essential principles that must be understood to grasp Measurable Treatment Goals in its entirety.

4. In chapter 3, the author will examine the practical applications of Measurable Treatment Goals in daily life. The third chapter will showcase real-world examples of how Measurable Treatment Goals can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Measurable Treatment Goals in specific contexts. The fourth chapter will explore how Measurable Treatment Goals is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Measurable Treatment Goals. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Measurable Treatment Goals.

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