

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
- Psychoeducation

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 psychoactive activities for achieving at least two depressive episodes (BDI-II) back to baseline for 100% activity log.
- Decrease the frequency of depressive episodes by 50% as measured by a thought diary completed weekly during therapy sessions.
- Improve social functioning and quality of life by the end of 12 weeks of therapy sessions (social functioning scale from 10 to 50) as a validated functional assessment.
- Be free of suicidal thoughts.
- Increase daily activity levels and engagement in psychoactive activities by the end of 12 weeks of therapy, increase daily activity level and engagement in psychoactive activities.

Ready to copy and paste into your treatment plan!



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• Improve emotional stability by practicing identifying and labeling at least five different emotions per week as measured by a weekly emotion stability worksheet.

• Decrease the frequency of depressive episodes by 50% as measured by a thought diary completed weekly during therapy sessions.

• Improve social functioning and quality of life by the end of 12 weeks of therapy sessions (social functioning scale from 10 to 50) as a validated functional assessment.

17 Pages

Measurable Depression Goals

Julia Schneider



Measurable Depression Goals:

The Clinical Documentation Sourcebook Donald E. Wiger, 2010-02-02 All the forms handouts and records mental health professionals need to meet documentation requirements fully revised and updated The paperwork required when providing mental health services continues to mount Keeping records for managed care reimbursement accreditation agencies protection in the event of lawsuits and to help streamline patient care in solo and group practices inpatient facilities and hospitals has become increasingly important Now fully updated and revised the Fourth Edition of *The Clinical Documentation Sourcebook* provides you with a full range of forms checklists and clinical records essential for effectively and efficiently managing and protecting your practice The Fourth Edition offers Seventy two ready to copy forms appropriate for use with a broad range of clients including children couples and families Updated coverage for HIPAA compliance reflecting the latest The Joint Commission TJC and CARF regulations A new chapter covering the most current format on screening information for referral sources Increased coverage of clinical outcomes to support the latest advancements in evidence based treatment A CD ROM with all the ready to copy forms in Microsoft Word format allowing for customization to suit a variety of practices From intake to diagnosis and treatment through discharge and outcome assessment *The Clinical Documentation Sourcebook Fourth Edition* offers sample forms for every stage of the treatment process Greatly expanded from the Third Edition the book now includes twenty six fully completed forms illustrating the proper way to fill them out Note CD ROM DVD and other supplementary materials are not included as part of eBook file

Mental Health Providers Guide To Managed Care Leonard Reich, Andrew Kolbasovsky, 2006 For both patients and providers the words managed care are loaded with negative connotations synonymous with inefficiency and bureaucracy Forced to perform a delicate balancing act of offering the best possible care for their clients while carefully adhering to various managed care policies and procedures providers in particular often wince at the prospect of having to deal with managed care companies or MCOs Fearing burdensome paperwork low reimbursement rates and denials of care it s not surprising that a number of mental health professionals choose to limit their involvement with managed care companies or eliminate it altogether My clients are all on different health plans how can I keep the policies straight Getting services approved is so time consuming that I m better off accepting only self paying clients aren t I Do the benefits of working with MCOs really outweigh the drawbacks The answer according to two industry insiders is yes If you know how to work with the system the system can work for you *Mental Health Provider s Guide to Managed Care* is the first handbook of its kind to offer clinicians a window into the inner workings of MCOs Authors Reich and Kolbasovsky candidly draw on their combined 37 years experience in the field to walk readers through all the major elements of how to successfully work within the system marketing yourself and your practice to an MCO getting onto a MCO s network maintaining a good relationship and communicating with MCOs for quick service approval reducing your liability understanding your rights and responsibilities getting paid and more Every issue big and small is covered from

capitation versus fee for service payment arrangements to evaluating which MCOs are a good fit to join and everything in between After explaining how to work with the system the authors reveal how to put the system to work for you Tips for building your practice through referrals generating business through doctor collaboration and understanding future practice opportunities are all covered By demystifying the complexities of managed care and offering a unique inside view of the process this book mitigates the negative connotations associated with MCOs and exposes the hidden benefits of a seemingly burdensome process Exceedingly reader friendly and packed with insightful tips and vignettes Mental Health Provider s Guide to Managed Care is one clinician s guide you won t want to be without

Research Techniques for Clinical Social Workers M. Elizabeth Vonk, Tony Tripodi, Irwin Epstein, 2007 This volume has long been an invaluable resource for students and practitioners of social work thoroughly presenting research concepts and skills

Introduction to Clinical Mental Health Counseling Joshua C. Watson, Michael K. Schmit, 2019-01-23 Introduction to Clinical Mental Health Counseling presents a broad overview of the field of clinical mental health and provides students with the knowledge and skills to successfully put theory into practice in real world settings Drawing from their experience as clinicians authors Joshua C Watson and Michael K Schmit cover the foundations of clinical mental health counseling along with current issues trends and population specific considerations The text introduces students to emerging paradigms in the field such as mindfulness behavioral medicine neuroscience recovery oriented care provider care person centered treatment planning and holistic wellness while emphasizing the importance of selecting evidence based practices appropriate for specific clients issues and settings Aligned with 2016 CACREP Standards and offering practical activities and case examples the text will prepare future counselors for the realities of clinical practice

Quality of Life Therapy Michael B. Frisch, 2006-01-13 Note Book no longer includes a CD ROM but the files are available online for download for both book and ebook purchasers at www.wiley.com/go/frisch This book defines an approach to well being and positive psychology that is state of the art evidence based empirically validated and an outstanding guide for anyone interested in learning about the practice of positive psychology or well being Ed Diener the world authority on happiness from the University of Illinois and President of the International Positive Psychology Association Endorsed by Christopher Peterson of the University of Michigan and taught in Marty Seligman s Masters in Applied Positive Psychology MAPP Program at the University of Pennsylvania this book teaches a simple step by step method for putting the fields of well being and positive psychology into practice It is a one stop shopping manual with everything you need in one book and with one approach This approach to greater happiness meaning and success is evidence based and empirically validated It has been successfully tested in three randomized controlled trials including two NIH grant funded trials conducted by James R Rodrigue and his colleagues at Beth Israel and Harvard Medical Centers in Boston Quality of Life Therapy also known as Quality of Life Therapy and Coaching or QOLTC is designed for use by therapists coaches organizational change agents consultants and all professionals who work to improve peoples well being Many

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The Cognitive Behavioral Workbook for Depression William J. Knaus, Albert Ellis, 2012-06-01 Cognitive behavioral therapy CBT is the most widely used treatment for depression for one simple reason it works The CBT program in this workbook has helped thousands of readers defeat the depressive thoughts and beliefs that keep them from enjoying life and feeling like themselves Used alone or in conjunction with therapy The Cognitive Behavioral Workbook for Depression delivers evidence based tools you can confidently use to do better feel better and prevent depression from coming back Through a series of worksheets and exercises you ll evaluate your depression and learn key skills for overcoming it Once you have your depression symptoms under control you will appreciate the additional information on preventing relapse that is special to this new edition This workbook also includes twenty five bonus tips from depression experts that can jump start your recovery Recommended by therapists nationwide this workbook will help you bounce back from depression one solid step at a time Includes worksheets and exercises that will help you Move past the negative beliefs about yourself that keep you trapped in the depression cycle Apply behavioral techniques that therapists use with their clients such as activity scheduling Discover effective ways to cope with feelings of stress anxiety and anger Avoid procrastinating and learn to anchor the positive changes you make to maintain your progress Chock full of the ready to use strategies you will need to help you feel good again Jon Carlson PsyD EdD Distinguished Professor at Governors State University

The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy Timothy J. Petersen, Susan E. Sprich, Sabine Wilhelm, 2015-09-29 Cognitive Behavioral Therapy CBT has a growing evidence base that supports its efficacy in treating a wide range of psychiatric disorders and has been adapted for use with more complicated patient populations and for different stages of psychiatric illness As the first Massachusetts General Hospital branded text on the subject this is a cutting edge tool that is unlike any current book on CBT The authors for this handbook are among the world s foremost experts in their specialty area and are actively engaged in dynamic research evaluating the efficacy of CBT as well as identifying mechanisms of action for this treatment This title provides in depth coverage of the historical background of the development of CBT a comprehensive review of relevant outcomes data a survey of mechanisms by which CBT exerts its effect and most importantly a take away tool box of CBT strategies and techniques that can be immediately implemented in clinicians practices The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy reaches and improves the clinical practices of a broad base of front line mental health practitioners including psychiatrists and therapists

The Professional Practice of Rehabilitation Counseling Michael Hartley, Vilia M. Tarvydas, 2022-09-28 The most current book available on rehabilitation counseling This textbook is a comprehensive

introduction to rehabilitation counseling encompassing its history values knowledge skills and links to the disability community Underscoring disability as a common part of the human experience it highlights the knowledge and competencies all rehabilitation counselors need to provide ethical and effective services To reflect emerging trends 13 chapters are either completely rewritten or significantly revised This text offers a stronger focus on psychiatric rehabilitation and mental health counseling practiced by clinical rehabilitation counselors and incorporates new research and knowledge from breakthroughs in neuroscience and psychopharmacology innovations in digital communication and technology and shifts in the economy The book examines the broad ranging practice of rehabilitation counseling as an evolving amalgamation of CORE and CACREP and delves into the impact of current societal changes COVID 19 the economic turndown issues of diversity equity and inclusion It provides an enhanced focus on the demand for clinical and mental health counseling from a rehabilitation perspective and introduces specialized competencies to foster the development of strong advanced skill sets The text also focuses on the importance of having persons with disabilities participate in their own rehabilitation and as an important component of the development of the field itself The text is supported by rich ancillaries for educators including Instructor s Manual PowerPoints and Test Bank New to the Third Edition New chapter authors are high caliber experts with unique voices and perspectives who have partnered with senior scholars from previous editions This new edition is significantly updated to reflect emerging trends that are impacting the professional practice of rehabilitation counseling Updated chapter on technology in rehabilitation counseling includes distance education assistive technology and telemental health New chapter on Counseling and Mental Health Key Features Conceptualizes rehabilitation counseling and its complementary relationship to counseling Each chapter addresses CACREP standards and includes learning objectives reflection activities and content review questions Extensively addresses both aspects of CACREP specialty identity traditional rehabilitation counseling and clinical rehabilitation counseling Includes Appendices with a guide to key acronyms and scope of practice Case conceptualizations focuses on the delivery of services

Keys To Transform Your Life G. Lamont Douglas MS

LPC/MHSP,2024-04-18 Helping people transform their lives is an important calling Using the informal assessments in this book individuals who do formal and informal counseling can help people to clarify their goals The Key System Assessments ask three simple questions that help people to define their goals One key part of these assessments is to help people identify what is standing in their way to achieving their goals These assessments can be used by mental health professionals as well as others in helping professions like athletic trainers coaches financial advisers ministers other medical professionals educators and many more The Key System Assessments have been used by individuals in many professions to help people get a start on reaching their goals and transforming their lives This book explains how to use the seven Keys that are part of these assessments The seven Keys help the user to assist people to use a process of introspection to be able to transform their lives in a positive way The Key System of Informal Assessments is client focused and the only bias is from the clients

themselves The advantage of these assessments is how flexible they are The assessments can be easily adapted to what works best for the individuals *Textbook Of Behavioural Managed Care* William L. Poynter, 2013-06-17 The changing role of managed care can be a daunting challenge to both experienced clinicians and students entering into the practice for the first time Managed care seems to have come out of nowhere and has affected the psychotherapy community so strongly that private practice clinicians are finding that they must reinvent their practices in order to work well with managed care systems The Textbook of Behavioral Managed Care presents in a well organized and comprehensive manner the basic definitions of managed care its effects on clinicians and most importantly how clinicians can respond to the pressures of managed care and still maintain the quality of their practices For experienced clinicians the information in this volume will prove invaluable in adapting to the ever increasing role of managed care for the student entering into practice the book is an essential tool for understanding the forces that managed care has brought into play The better managed care companies have two goals to stretch behavioral health resources and ultimately to improve quality In light of these two important tasks this book demonstrates that truly effective implementation of managed care requires sophistication of experienced knowledgeable specialized therapists The Textbook of Behavioral Managed Care will provide clinicians with a greater level of understanding that enables them to implement managed care in the most effective manner possible

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