

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
- Psycho-social support

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 psycho-social activities by attending at least two support groups (as listed in attached list) weekly for eight weeks.
- 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 (overall functioning score from 10 to 20 out of 30) as a validated functional assessment).
- Be free of suicidal thoughts.
- Increase daily activity levels and engagement in psycho-social activities by the end of 12 weeks of therapy, increase daily activity level and engagement in psycho-social activities.

Ready to copy and paste into your treatment plan!



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• Improve overall functioning by attending (attending and working at least two sessions weekly) as measured by a weekly session checklist.

• Decrease the frequency of depressive thinking patterns by completing at least one weekly mood journal and completing the thought diary for the week as measured by the completion of the worksheet.

17 Pages

Measurable Depression Goals

Clemens Wendtner



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