**TREATMENT PLAN GOALS / OBJECTIVES**

**Note: Always make objectives measurable, e.g., 3 out of 5 times, 100%, learn 3 skills, etc., unless they are measurable on their own as in “List and discuss [issue] weekly…”**

Abuse/Neglect

Goal: Explore and resolve issues relating to history of abuse/neglect victimization

* Share details of the abuse/neglect with therapist as able to do so
* Learn about typical long term/residual effects of traumatic life experiences
* Develop two strategies to help cope with stressful reminders/memories

Alcohol/Drugs and Other Addictions

Goal: Be free of drug/alcohol use/abuse

* Avoid people, places and situations where temptation might be overwhelming
* Explore dynamics relating to being the [child/husband/wife] of an [alcoholic/addict] and discuss them each week at support group meetings
* Learn five triggers for alcohol & drug use
* Reach \_\_\_\_ days/months/years of clean/sober living

Adoption/Foster Care Placement

Goal: Explore and resolve issues related to adoption/out-of-home placement

* Discuss ongoing concerns and issues related to adoptive and/or biological parents during weekly sessions
* Talk about his/her wishes with regard to permanency planning

Anger

Goal: Increase and practice ability to manage anger

* Walk away from situations that trigger strong emotions (100%)
* Be free of tantrums/explosive episodes
* Learn two positive anger management skills
* Learn three ways to communicate verbally when angry
* Be able to express anger in a productive manner without destroying property or personal belongings
* Be able to express anger without yelling and using foul language
* Explore and resolve conflict with \_\_\_\_ (list triggers)
* Get through an entire day without an angry mood swing (or breaking/punching…)
* Get through a whole week without fighting with \_\_\_\_
* Take a time-out when things get upsetting
* Learn and practice anger management skills especially in situations where people are not treating him/her respectfully

Anxiety

Goal: Develop strategies to reduce symptoms, or

Reduce anxiety and improve coping skills

* Be free of panic episodes (100%)
* Recognize and plan for top five anxiety-provoking situations
* Learn two new ways of coping with routine stressors
* Report feeling more positive about self and abilities during therapy sessions
* Develop strategies for thought distraction when fixating on the future

Behavior Problems

Goal: Improve overall behavior (and attitude/mood), or

Maintain positive behavior (and attitude/mood)

* Be free of \_\_\_\_\_ behavior
* Develop a reward system to address \_\_\_ (target problem)
* Learn two ways to manage frustration in a positive manner
* Share two positive experiences each week in which X is proud of how he/she has behaved
* Stay free of fights
* Stay free of drug & alcohol use and abuse (100%)
* Be free of violent behavior
* Be able to keep hands and feet to self
* Be able to express anger in a productive manner without destroying property or personal belongings
* Be free of threats to self and others
* Complete daily tasks (e.g. chores, pet care, self care, etc.)
* Avoid leaving clothing/toys/personal stuff all around the house
* Listen to parent and follow simple directions with one prompt
* Put all dishes, glasses, cups, and food items back in the kitchen after meals/snacks
* Clean up after himself/herself
* Admit and accept personal responsibility for own actions/behavior
* Be respectful of adults and avoid talking back
* Get through a whole week without fighting with \_\_\_\_
* Avoid behavior that would result in a loss of custody
* Be able to play with others peacefully for \_\_\_\_ minutes
* Come home each day by \_\_\_\_\_\_ (time)
* Keep parents informed about where you are and when you will be home
* Be in bed by \_\_\_\_\_ each night
* Be free of bedwetting
* Be free of wet/soiled underwear
* If an accident happens, be responsible and clean it up
* Be free of any behavior that could result in loss of job
* Remain free of behaviors which would lead to arrest
* Comply with all aspects of probation/parole and avoid behavior that could violate
* Eat/swallow only items intended to be food

Communication Skills

Goal: Learn and use effective communication strategies

* Talk nice or do not say anything at all
* Learn three ways to communicate verbally when angry
* Be able to express anger in a productive manner without destroying property or personal belongings
* Be able to express anger without yelling and using foul language
* Be able to express wants and needs through spoken language
* Be able to ask questions and tell about instances
* Be able to stick up for self assertively
* Speak in a clear and concise manner so others fully understand him/her
* Learn to express feelings verbally without acting out

Crime

Goal: Remain free of behaviors which would lead to arrest/violation

* Keep working and comply with all aspects of probation
* Be able to express anger in a productive manner without destroying property or personal belongings
* Be free of threats to self and others
* Comply with all aspects of probation/parole and avoid behavior that could violate
* Be free of violent behavior
* Stay free of drug & alcohol use and abuse (100%)

Decision Making

Goal: Improve decision making skills

* Make short and simple “to do” lists and complete three tasks each day
* Celebrate little successes each day using positive self talk and/or journaling
* Be able to weigh options and make simple decisions within 5 minutes
* List three options for any major decisions and then discuss with therapist or family

Depression

Goal: Improve overall mood

* Be free of suicidal thoughts
* Call crisis hotline if having suicidal thoughts
* Report feeling more positive about self and abilities
* Get 7-8 hours of restful sleep every night
* Avoid napping/sleeping to escape other people and activities
* Shower, dress, and then do something every day
* Report feeling happy/better overall mood
* Make short and simple “to do” lists and complete three tasks each day
* Celebrate little successes each day using positive self talk and/or journaling
* Get through a day/week without a crying spell
* Develop strategies for thought distraction when ruminating on the past

Eating Disorders

Goal: Resolve eating disorder

* Eat a balanced diet of foods and maintain good overall health
* Gain \_\_\_\_ pounds
* Loose \_\_\_\_ pounds
* Be free of binge eating/purging
* Remove junk foods from home and limit future purchases
* Recognize/list environmental and situational triggers and develop alternative behaviors for coping with them
* Recognize emotional triggers and develop alternative ways of strategies for meeting emotional needs

Enuresis and Encopresis

Goal: Be free of wetting/soiling

* Avoid drinking near bedtime
* Eat high-fiber foods and avoid foods that constipate
* Go to the bathroom before going out of the house
* Sit on the toilet for 10-15 minutes after meals
* Avoid hiding wet/soiled clothing
* Take responsibility for helping clean up (e.g., put wet/soiled items in soak bucket)

Expression of Feelings, Wants and Needs

Goal: Learn appropriate ways to express different feelings

* Share two positive experiences each week in which client is proud of how he/she has behaved
* Gain knowledge of different feelings
* Turn to adults for help when feeling sad, angry or negative feelings
* Express feelings verbally rather than whine and/or cry about them
* Learn to express feelings verbally without acting out

Family Conflict

Goal: Learn and use conflict resolution skills

* Recognize patterns of family conflict discuss weekly in therapy
* Avoid angry outbursts by walking away from stressful situations
* Get through X days out of 7 without fighting with siblings
* Be respectful of \_\_\_\_: Listen, follow directions and avoid talking back
* Be able to live together peacefully, free of all angry physical contact
* Learn three ways to communicate verbally when angry
* Be able to express anger without yelling and using foul language
* Explore and resolve conflict with \_\_\_\_
* Be able to stick up for self assertively, not aggressively
* Be respectful of adults/don’t talk back
* Get through a whole week without fighting with \_\_\_\_
* Speak in a clear and concise manner so others fully understand him/her
* Learn to express feelings verbally without acting out

Grief and Loss

Goal: Explore and resolve grief and loss issues

* Give sorrow words - discuss issues of grief weekly with therapist
* Continue to explore and resolve issues of grief/loss as they arise
* Get through a week without a crying spell
* Learn about the typical 2-7 year process of grieving the loss of a loved one
* Explore spirituality and the role it plays in redefining views about the meaning and purpose of life
* Create (write/draw) a soul sketch of the deceased loved one
* Plan a memorial service for the anniversary of the loss
* Develop appropriate rituals to remember and honor \_\_\_\_\_

Harm to self or others

Goal: Be free of thoughts of self-harm/self mutilation, or

Be free of thoughts to harm to others

* Learn two ways to manage frustration in a positive manner
* Explore triggers of thoughts to harm self or others
* Call crisis hotline when needed
* Report feeling more positive about self and abilities
* Explore and resolve stress from \_\_\_\_
* Develop a crisis plan and share it with key people
* Remove weapons from the home [and other means]
* List three emergency contacts who will be able to stay with you till a crisis passes

Health Issues

Goal: Manage physical healthcare conditions and cope with related stress

* Learn as much as possible about the condition(s) and needed treatment
* Take medications/treatments as prescribed on a daily basis
* Attend all scheduled appointments with the doctor
* Maintain good overall physical health and healthcare practices
* Report any medication concerns to the prescribing doctor ASAP
* Seek additional advocacy services from \_\_\_\_\_
* Seek additional support from \_\_\_\_\_

Hyperactivity

Goal: Improve overall behavior, or

Maintain positive behavior

* Be able to keep hands and feet to self
* Complete daily tasks (e.g. chores, pet care, self care, etc.)
* Listen to parent/teacher and follow simple directions with one prompt
* Behave in an age-appropriate manner
* Maintain passing grades
* Will be able to focus attention and complete school-related tasks each day
* Listen and take notes in all classes
* Will review homework and other projects with parents on the day they are assigned
* Be respectful of adults and avoid talking back
* Be able to play with others peacefully for \_\_\_\_ minutes
* Be free of any behavior that could result in detention/suspension
* Develop a reward system to address \_\_\_\_ (target problem)

Medication Management

Goal: Medication management

* Take medications as prescribed on a daily basis
* Attend all scheduled appointments with the psychiatrist
* Maintain good overall physical health and healthcare practices
* Report any medication concerns to the doctor ASAP

Mood Management

Goal: Maintain stability of mood, or

Improve overall mood, or

Maintain even mood, or

Increase ability to manage moods

* Learn two ways to manage frustration in a positive manner
* Be free of suicidal thoughts; call crisis hotline if having suicidal thoughts
* Report feeling more positive about self and abilities
* Report feeling happy/better mood (4 days out of 7)
* Get 7-8 hours of restful sleep every night
* Get through a week without a crying spell

Parenting

Goal: Improve parenting skills

* Set two limits and stick with a plan that will require more responsible behavior
* Focus on positive behavior and give attention then, rather than focus on negative things
* Learn and be able to effectively use transactional analysis to stay in “adult” mode
* Use “I” statements rather than You” when communicating with \_\_\_\_\_
* Develop and consistently use a behavior modification plan, to increase/eliminate \_\_\_\_\_

Personal Hygiene and Self-care

 Goal: Improve personal hygiene and attentiveness to independent/age appropriate self-care

* Brush teeth \_\_\_\_ times each day and floss \_\_\_\_\_
* Shower (take a bath) every day
* Use antiperspirant / deodorant every day after showering
* Brush/comb hair every morning
* Do a thorough job of wiping after toileting (100%)

Physical Health Issues

Goal: Cope with stress of physical health issues and chronic pain

* Explore and resolve thoughts and feelings that arise as a result of medical conditions and medications
* Learn two new strategies for coping with the above thoughts and feelings
* Reduce weight by \_\_\_\_\_ pounds
* Exercise for 20 minutes every day
* Learn strategies to advocate for him/herself with medical personnel
* Quit smoking (or drinking)
* Take medications as prescribed on a daily basis
* Attend all scheduled appointments with physicians
* Maintain good overall physical health and healthcare practices
* Report any medication concerns to the doctor ASAP
* Make and keep an appointment with \_\_\_\_\_ (dentist) for needed diagnosis and treatment

Relationships

Goal: Establish/maintain civil and supportive behavior

* Avoid angry outbursts by walking away from stressful situations
* Be free of affairs
* Be able to live together peacefully, free of all angry physical contact
* Learn three ways to communicate verbally when angry
* Explore peer and dating relationships to improve X’s chance of staying safe and legal
* Be able to keep hands to self
* Be able to express anger without yelling and using foul language
* Explore and resolve conflict with \_\_\_\_
* Be able to stick up for self assertively
* Be respectful of parents/don’t talk back
* Get through a whole week without fighting with \_\_\_\_
* Speak in a clear and concise manner so others fully understand him/her
* Be able to play with others peacefully for \_\_\_\_ minutes
* Learn to express feelings verbally without acting out
* Associate with healthy people and continue to make new friends
* Continue to explore relationship issues and slowly see new opportunities for dating
* Figure out why relationships fail and better plan for finding next partner
* Associate with people outside of work and make one or two new friends

School Issues

* Go to school every day
* Behave in an age-appropriate manner
* Maintain passing grades
* Will be able to focus attention and complete school-related tasks each day
* Listen and take notes in all classes
* Be free of suspensions and detentions
* Will review homework and other projects with parents on the day they are assigned

Self Image

Goal: Explore and resolve issues related to self image

* Discuss life events that led to and/or reinforce a negative self image during weekly therapy
* Use positive self talk daily
* Exercise daily (or \_\_\_\_\_ times per week)
* Drop \_\_\_\_\_ pounds
* Report feeling more positive about self and abilities
* Return to school and work on getting \_\_\_\_\_ (degree/diploma/GED)
* Change jobs to one that…(offers more pay and/or better suits skill set)
* Openly discuss issues relating to sexuality and become comfortable with sexual identity
* Explore spirituality and the role it plays in the meaning and purpose of life
* Engage in volunteer work and/or other meaningful activity at least three hours each week

Sleep Problems

Goal: Get 7-8 hours of restful sleep each night

* Limit consumption of food and drinks before bed
* Limit intake of caffeine (coffee, tea, soda) and chocolate after \_\_\_\_\_ (noon meal)
* Cut back on things that may impede normal sleep patterns (e.g., alcohol and some medications)
* Be in bed by \_\_\_\_\_ each night
* Have 30 minutes of quiet time before going to bed each night (e.g., read, meditate)
* Avoid overly stimulating shows/movies/video games before bedtime
* Avoid watching TV and chatting on the phone while in bed
* If not asleep in 20 minutes, get up and do something for a bit, rather than try to force sleep
* Leave a paper and pen to write worries down instead of ruminating on them
* Learn best practices for sleep (cooler room, limit caffeine, calming time before bed)
* Listen to relaxation/meditation music to aid falling asleep

Social Skills

Goal: Improve social skills

* Speak in a clear and concise way so others fully understand him/her
* Learn to express feelings verbally without acting out
* Make a new same-age friend
* Spend two hours playing with peers each week

Stress

Goal: Be able to cope with routine life stressors and take things in stride

* Assess personal risk traits and resiliency traits and discuss the role each plays in coping with daily stresses during the time between therapy sessions
* Learn two ways to manage frustration in a positive manner
* Get 7-8 hours of restful sleep every night
* Talk out routine stress events during weekly therapy sessions
* Explore and resolve residual stress from \_\_\_\_ (e.g., years as a first responder)
* Foster two new activities/interests that will help mitigate stress
* Exercise 20-30 minutes per day
* Learn and use meditation and relaxation techniques daily

Suicide

Goal: Be free of suicidal thoughts/attempts

* Explore and resolve stress from \_\_\_\_
* Call crisis hotline if having suicidal thoughts
* Develop a crisis plan and share it with key people
* Remove weapons from the home [and other means]
* List three emergency contacts who will be able to stay with you till a crisis passes

Thought Disorder

Goal: Improve ability to see world as others do

* Be free of false perceptions and [see/hear/smell/feel] things as others do
* Be free of false beliefs
* Be free of thoughts that others are out to get you
* Spend 2-3 hours each week visiting with others
* Visit the clubhouse and/or the consumer drop-in-center each week
* Report feeling comfortable spending time with others

Trauma

Goal: Explore and resolve issues related to \_\_\_\_ (traumatic event)

* Explore and resolve residual stress from \_\_\_\_ (e.g., years as a first responder)
* Share details of the trauma with therapist, as able to do so
* Reframe negative perceptions, when possible, and focus on finding meaning and drawing strength from the event
* Learn about typical long term/residual effects of traumatic life experiences
* Explore spirituality and the role it plays in life after traumatic events
* Learn about the typical 2-7 year process of rebuilding life after trauma

Vocational/Educational

Goal: Find a new job, or Keep present job, or Re-enter the work force

* Earn G.E.D.
* Explore options for returning to school/training
* Become an active member of a local clubhouse
* Complete college/technical school
* Develop a resume
* Seek two people who will serve as references
* Be free of any behavior that could result in loss of job/educational grants
* Find and settle into a new job

**TREATMENT PLAN INTERVENTIONS (FOCUSING ON: \_\_\_\_\_\_)**

* Acceptance (of limitations/reality)
* Accountability
* ACOA Issues
* Anger Management (e.g., punch bag/pillow)
* Art Therapy
* Assertiveness Training
* Behavior Modification (e.g., rewards)
* Best Practices for \_\_\_\_ (e.g., better sleep)
* Bibliotherapy
* Building on Strengths
* Career Counseling
* Coaching
* Cognitive-Behavioral Therapy
* Communication Skills
* Community
* Conflict Resolution
* Couples Therapy
* Crisis Planning
* Defusing/Debriefing
* Dignity/Self-worth
* Discipline
* Drug & Alcohol Referral
* Education (e.g., graduation/GED)
* Empathy
* Empowerment
* Encouragement
* Expression of Feelings
* Fair Fighting Skills
* Family Therapy
* Feedback Loops
* Forgiveness
* Gestalt Therapy
* Getting a Job (Better Job)
* Goal Planning/Orientation
* Good Choices/Bad Choices
* Good Touch/Bad Touch
* Gratitude
* Grief/Loss/Bereavement Issues
* Homework Assignments
* Humility
* Increasing Coping Skills
* Independence
* Journaling
* Letting Go
* Life Skills Training
* Listening
* Logical Consequences of Behavior
* Magic Question (3 wishes/magic wand)
* Making Friends
* MISA/MICA Issues (Dual Dx Treatment)
* Modeling Appropriate Behaviors
* Money Management
* Monitoring of \_\_\_\_\_
* Motivation
* Narrative Therapy
* Normalization
* Parent Effectiveness Training/Skills
* Partializing (breaking down goals into manageable pieces)
* Patience
* Perseverance
* Personal Hygiene
* Play Therapy
* Portion Control (Weight Control)
* Positive Self-talk
* Primal Screams
* Priority Setting
* Practice Exercises
* Processing \_\_\_\_\_ (e.g., guilty feelings)
* Psychodrama
* Psychoeducation
* Reality Therapy
* Recognizing \_\_\_\_\_ (e.g., self destructive patterns of behavior)
* Refer to \_\_\_\_\_\_
* Reframing
* Rehearsal
* Relapse Prevention
* Relationship Issues
* Relaxation Techniques (e.g., breathing)
* Responsibility for Actions
* Role Playing
* Self-care Skills
* Self-direction (Independence)
* Sexual Identity Issues
* Sexuality
* Solution-focused Therapy
* Spiritual Exploration
* Starting Over
* Stop-Think-Act
* Strength Focus/Listing
* Stress Inoculation
* Stress Management
* Supportive Relationships
* Talk Therapy
* Therapeutic Stories & Worksheets
* Timeouts
* Transactional Analysis (P-A-C)
* Trigger Recognition
* Twelve Step
* Socialization
* Social Skills Training
* Social-Vocational Training
* Values Clarification
* Verbal Communication Skills
* Weight Control/Loss
* Workbooks