Developing Objectives and Establishing Goals for Treatment Plans

"A goal is a dream with tools and a deadline."

Our goal is to help our clients make progress with their objective.

1.) We help our clients identify their objectives.
2.) We establish goals that will help them meet these objectives.
3.) We record the progress towards their objectives using our Treatment Plan.

The Treatment Plan is a living document that changes with the client as they achieve an objective or when a new objective emerges. The purpose of the Treatment Plan is to show progress, so the Treatment Plan should build over time like climbing the rungs of a ladder. Without mastering the lower rungs, you cannot make progress upwards.

DEFINITIONS:

Objectives are the overarching goals a client wants to achieve.

Goals are milestones of success along the way that show you are making progress towards your objectives. Your client may have 3 increasingly challenging goals along the pathway towards their ultimate objective.

Treatment Plan is a document that identifies objectives, establishes goals, and then monitors and reports the progress the client is making towards their objectives.

NOTE: The objectives you design must measurable. Use specific but realistic number (e.g.: 5 times, 3 skills, 100%, etc.) or a timeframe (every day, twice a week, etc.)

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

BEHAVIORAL 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-to-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

Goal: Be consistently successful academically and socially at school

- 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-to-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