**GOALS OBJECTIVES AND STRATEGIES TO USE WHEN WORKING WITH CLIENTS**

**\*TWEAK AND EDIT TO EACH CLIENT\***

***Goals***

1. Increased understanding of depressive feelings
2. Address issues underlying depressive feelings
3. Participate actively in individual and group counseling
4. Correct irrational thinking which leads to depression
5. Address issues of dependence, helplessness, and hopelessness
6. Decrease extreme symptoms of depression through improved coping
7. Increased understanding of PTSD (psychoeducation)
8. Identify and address the events and issues underlying PTSD
9. Correct irrational thinking which leads to PTSD and interpersonal problems
10. Effectively manage anxiety and stress
11. Equipped with effective coping skills to combat negative and depressed thinking and be intentionally working towards improving self-esteem through positive self-talk
12. Be able to communicate about difficult topics and voice challenging feelings and/or suicidal thoughts as they arise
13. Gathering information and prioritizing assistance
14. Building problem solving skills
15. Promoting positive activities
16. Managing reactions
17. Promoting helpful thinking
18. Rebuilding healthy social connections
19. Explore and resolve issues relating to history of abuse/neglect victimization
20. Be free of drug/alcohol use/abuse
21. Explore and resolve issues related to adoption/out of home placement
22. Increase and practice ability to manage anger
23. Develop strategies to reduce symptoms
24. Reduce anxiety and improve coping skills
25. Improve overall behavior (attitude/mood)
26. Maintain positive behavior (attitude/mood)
27. Lean and use effective communication strategies
28. Remain free of behaviors which could lead to arrest/violation
29. Improve decision making skills
30. Improve overall mood
31. Resolve eating disorder
32. Be free of wetting/soiling
33. Learn appropriate ways to express different feelings
34. Learn to use conflict resolution skills
35. Explore and resolve grief and loss issues
36. Be free of thoughts of self-harm/self mutilation
37. Be free of thoughts to harm to others
38. Manage physical healthcare conditions and cope with related stress
39. Medication management
40. Increase ability to manage moods
41. Maintain even mood
42. Improve overall mood
43. Maintain stability of mood
44. Improve parenting skills
45. Improve personal hygiene and attentiveness to independence/age appropriate self-care
46. Cope with stress of physical health issues and chronic pain
47. Establish/maintain civil and supportive behavior
48. Explore and resolve issues related to self image
49. Get 7-8 hours of restful sleep each night
50. Improve social skills
51. Be able to cope with routine life stressors and take things in stride
52. Be free of suicidal thoughts/attempts
53. Improve ability to see world as others do

***Objectives***

1. Develop vocabulary to describe depression
2. Identify cues and symptoms
3. Identify areas of vulnerability which underlie depression
4. Identify triggers
5. Identify antecedents, triggers, and consequences to acting out on depression
6. Accept that depression is causing problems
7. Link cues and symptoms with depression with triggers and with harmful coping behaviors (i.e. alcohol and drug abuse)
8. Identify specific areas of cognitive distortion (“stinking thinking”)
9. Challenged irrational thoughts with reality
10. Develop appropriate substitute self statements for irrational ones
11. Learn coping techniques to reduce depression
12. Identify appropriate responses to feelings of depression
13. Develop alternatives response to substitute for past “coping” choices
14. Develop vocabulary to describe PTSD feelings
15. Identify cues and symptoms when experiencing PTSD (and similar symptoms of anxiety)
16. Link those symptoms to specific triggers and areas of vulnerability
17. Develop a short term action plan for dealing with PTSD
18. Accept that PTSD is causing problems
19. Link cues and symptoms of PTSD with triggers and with harmful coping behaviors
20. Identify issues of PTSD from the past and resolve or let go
21. Identify troublesome feelings and symptoms
22. Address current feelings and symptoms:
	1. Intrusive thoughts (exposure therapy)
	2. Flashbacks (exposure therapy)
	3. Trauma-related fears, panic, and avoidance (exposure therapy, cognitive restructuring, and coping skills)
	4. Numbing, detachment from others loss of interest in life (cognitive restructuring)
	5. Irritability, angry outburst (cognitive restructuring, coping skills)
	6. General anxiety (hyperarousal, exposure therapy)
	7. Sleep disturbances (coping skills)
	8. Difficulty concentrating (coping skills)
23. Identify grief and loss issues; take initial steps toward managing grief
24. Identify client symptoms and sources of guilt
25. Reduce guilt, increase understanding of responsibility for the event
26. Identify and address issues of
	1. Isolation nf avoidance
	2. Effects of past abuse or trauma
	3. Identify symptoms and sources of hurt
27. Identify and address specific areas of cognitive distortion (“stinking thinking”)
	1. Anxiety
	2. Guilt
	3. Survivor guilt
	4. Blaming self for being a victim (i.e. rape)
	5. Catastrophizing
28. Learn coping techniques to reduce PTSD and prepare to handle future stressful situations
29. Reduce risk of accidental exposure to specific triggers and stressors
30. Challenge irrational thoughts with reality
31. Use positive thinking and self talk for dealing with anticipated problems when confronting stressors
32. Share details of the abuse/neglect with therapist as able to do so
33. Learn about typical long term/residual effects of traumatic life experiences
34. Develop two strategies to help cope with stressful reminders/memories
35. Avoid people, places, and situations where temptations may be overwhelming
36. Explore dynamics relating to being the [child/wife/husband] of an [alcoholic/addict] and discuss them each week at support group meetings
37. Learn five triggers for alcohol & drug use
38. Reach \_\_\_ days/months/years of clean/sober
39. Discuss ongoing concerns and issues related to adoptive and/or biological parents during weekly sessions
40. Talk about wishes with regard to permanency planning
41. Walk away from situations that trigger strong emotions
42. Be free if tantrums/explosive episodes
43. Learn two positive anger management skills
44. Learn three ways to communicate verbally when angry
45. Be able to express anger in a productive manner without destroying property it personal belongings
46. Be able to express anger without yelling and using foul language
47. Explore and resolve conflict with \_\_\_ (List triggers)
48. Get through an entire day without an angry mood swing
49. Get through a whole week without fighting with \_\_\_
50. Take a time-out when things get upsetting
51. Learn and practice anger management skills especially in situations where people are treating him/her respectfully
52. Be free of panic episodes
53. Recognize and plan for top five anxiety provoking situations
54. Learn two new ways of coping with routine stressors
55. Report feeling more positive about self and abilities during therapy sessions
56. Developing strategies for thought discretion when fixating on the future
57. Be free of \_\_\_ behavior
58. Develop a reward system to address \_\_\_\_ (target problem)
59. Learn two ways to manage frustration in a positive manner
60. Shae two positive experiences each week in which \_\_\_ is proud of he/she behaved
61. Stay free of fights
62. Stay free of drug & alcohol abuse
63. Be free of violent behavior
64. Be able to keep hands and feet to self
65. Be able to keep hands and feet to self
66. Be able to express anger in a productive manner without destroying property or personal belonging
67. Be free of threats to self and others
68. Complete daily tasks (i.e. chores, pet care, self care, etc.)
69. Avoid leaving clothing/toys/personal stuff around the house
70. Listen to parent and follow simple directions with one prompt
71. Put all dishes, glasses,cups, and food items back in the kitchen after meals/snacks
72. Clean up after self
73. Admit and accept personal responsibility for own actions/behavior
74. Be respectful of adults and avoid talking back
75. Avoid behavior that would result in a loss of custody
76. Be able to play with others respectfully for \_\_\_ minutes.
77. Come home each day by \_\_\_\_ (time)
78. Keep parents informed about where you are and when you will be home
79. Be in bed by \_\_\_ each night
80. Be free of bedwetting
81. Be free of wet/soiled underwear
82. If an accident happens, be responsible and clean it up
83. Be free of any behavior that could result in loss of job
84. Remain free of any behaviors that could lead to arrest
85. Comply with all aspects of probation/parole and avoid behavior that could violate
86. Eat/swallow only items intended to be food
87. Talk nice or do not say anything at all
88. Learn three ways to communicate verbally when angry
89. Be able to express anger in a productive manner without destroying property or personal belongings
90. Be able to express anger without yelling and using foul language
91. Be able to express wants and needs through spoken language
92. Be able to ask questions and tell about instances
93. Be able to stick up for self assertively
94. Speak in a clear and concise manner so others fully understand
95. Learn to express feelings verbally without acting out
96. Keep working and comply with all aspects of probation
97. Be able to express anger in a productive manner without destroying property or personal belongings
98. Be free of threats to others and self
99. Be free of violent behavior
100. Make short and simple “to do” list and complete \_\_\_\_\_ task each day
101. Celebrate little successes each day using positive self talk and/or journaling
102. Be able to weigh options and make simple decisions within 5 minutes
103. List \_\_\_ options for any major decisions and then discuss with therapist or family
104. Be free of suicidal thoughts
105. Call crisis line if having suicidal thoughts
106. Report feeling more positive about self and abilities
107. Get 7-8 hours of restful sleep every night
108. Avoid napping/sleeping to escape other people and activities
109. Shower, dress, and then do something everyday
110. Report feeling happy/better overall mood
111. Get through a week without a crying spell
112. Develop strategies for thought distraction when ruminating on the past
113. Eat a balanced diet of foods and maintain good overall health
114. Gain \_\_\_ pounds
115. Lose \_\_\_ pounds
116. Be free of binge eating/purging
117. Remove junk foods from home and limit future purchases
118. Recognize/list environmental and situational triggers and develop alternative behaviors for coping with them
119. Recognize emotional triggers and develop alternative ways of strategies for meeting emotional needs
120. Avoid drinking near bedtime
121. Eat high-fiber foods and avoid foods that constipate
122. Go to bathroom before going out the house
123. Sit on the toilet for 10-15 minutes after meals
124. Avoid hiding wet/soiled clothing
125. Take responsibility for helping clean up
126. Share two positive experiences each week in which client is proud of how he/she behaved
127. Gain knowledge of different feelings
128. Turn to adults for help when feeling sa, angry, or negative feelings
129. Express feelings verbally rather than whine and/or cry about them
130. Learn to express feelings verbally without acting out
131. Recognize patterns of family conflict discuss weekly in therapy
132. Avoid angry outburst by walking away from stressful situations
133. Get though \_\_\_ days out of 7 without fighting with sibling
134. Be able to live together peacefully, free of all angry physical contact
135. Explore and resolve conflict with \_\_\_
136. Give sorrow words- discuss issues of grief weekly with therapist
137. Continue to explore and resolve issues of grief/loss as they arise
138. Learn about the typical 2-7 year process of grieving the loss of a loved one
139. Explore spirituality and the role it plays in redefining views about the meaning and purpose of life
140. Create (write/draw) a soul sketch of the deceased loved one
141. Plan a memorial service for the anniversary of the loss
142. Develop appropriate rituals to remember and honor \_\_\_\_
143. Learn wo ways to manage frustration in a positive manner
144. Explore triggers of thoughts to harm self or others
145. Call a crisis hotline when needed
146. Develop a crisis plan and share it with key people
147. Remove weapons from the home [and other means]
148. List three emergency contacts who will be able to stay with you till a crisis passes
149. Learn as much as possible about the condition(s) and needed treatment
150. Take medications/treatments as prescribed on a daily basis
151. Attend all scheduled appointments with doctor
152. Maintain good overall physical health and healthcare practices
153. Report any medication concerns to the prescribing doctor ASAP
154. Seek additional advocacy services from \_\_\_\_
155. Seek additional support from \_\_\_
156. Be able to keep hands and feet to self
157. Listen to parent/teacher and follow simple directions with one prompt
158. Behave in an age-appropriate manner
159. Maintain passing grades
160. Will be able to focus attention and complete school related tasks each day
161. Listen and take notes in all classes
162. Will review homework and other projects with parents on the day assigned
163. Be free of any behavior that could result in detention/suspension
164. Take medications prescribed on a daily basis
165. Attend all scheduled appointments with psychiatrist
166. Learn two ways to manage frustration in a positive manner
167. Set two limits and stick with a plan that will require more responsible behavior
168. Focus on positive behavior and give attention then, rather than focus on negative things
169. Learn and be able to effectively use transactional analysis to stay in “adult” mode
170. Use “I” statements rather than “You” statements when communicating with \_\_\_
171. Develop and consistently use a behavior modification plan, to increase/eliminate \_\_\_
172. Brush teeth \_\_\_ times a day and floss \_\_\_
173. Take a shower/bath everyday
174. Use antiperspirant/deodorant everyday after showering
175. Brush/comb hair every morning
176. Do a thorough job of wiping after toileting
177. Explore and resolve thoughts and feelings that arise as a result of medical conditions and medications
178. Learn two new strategies for coping with the above thoughts and feelings
179. Learn to strategies to advocate for him/herself with medical personnel
180. Quit smoking/drinking
181. Avoid angry outburst by walking away from stressful situations
182. Be free of affairs
183. Explore peer and dating relationships to improve \_\_\_ chance of staying safe and legal
184. Associate with healthy people and continue to make new friends
185. Continue to explore relationship issues and slowly see new opportunities for dating
186. Figure out why relationships fail and better plan for finding next partner
187. Associate with people outside of work and make one or two new friends
188. Go to school everyday
189. Discuss life events that led and/or reinforce a negative self image during weekly therapy
190. Use positive self talk daily
191. Exercise daily (or \_\_\_ times per week)
192. Report feeling more positive about self and abilities
193. Return to school and work on getting \_\_\_\_ (degree/diploma/GED)
194. Change jobs to one that \_\_\_(offers better pay and/or better suits skill set)
195. Openly discuss issues relating to sexuality and become comfortable with sexual identity
196. Engage in volunteer work and/or other meaningful activity for least 3 hours each week
197. Limit consumption of food and drinks before bed
198. Limit intake of caffeine and chocolate after \_\_\_
199. Cut back on things that may impede normal sleep patterns (i.e. alcohol, medications)
200. Be in bed by \_\_\_ each night
201. Have 30 minutes of quiet time before going to bed (i.e. read, meditate)
202. Avoid over stimulating shows/movies/video games before bedtime
203. Avoid watching TV and chatting on the phone while in bed
204. If not asleep in 20 minutes, get up and do something for a bit, rather than try to force sleep
205. Leave a paper and pen to write worries down instead of ruminating on them
206. Learn best practices for sleep (cooler room, limit caffeine, calming time before bed)
207. Listen to relaxation/meditation music to aid falling asleep
208. Make new same-age friend
209. Spend two hours playing with peers each week
210. Assess personal risk traits and resiliency traits and discuss the role each plays in coping with daily stressors during time between therapy sessions
211. Talk out routine stress events during weekly therapy sessions
212. Explore and resolve residual stress from \_\_\_\_ (i.e. years as a first responder)
213. Foster two new activities/interests that will help mitigate stress
214. Learn and use meditation and relaxation techniques daily
215. Explore and resolve stress from \_\_\_
216. Be free of false perceptions and [see/hear/smell/feel] things as others do
217. Be free of false beliefs
218. Be free of thoughts that others are out to get you
219. Spend 2-3 hours each week visiting with others
220. Report feeling comfortable spending time with others
221. Share details of the trauma with therapist, as able to do so
222. Reframe negative perceptions, when possible, and focus on finding meaning and drawing strength from the event
223. Explore options for returning to school/training
224. Develop a resume
225. Seek two people who will serve as references
226. Be free of any behavior that could result in loss of job/educational grants
227. Find and settle into a new job
228. Develop a safety plan/no self harm contract
229. Become involved in at least one additional extracurricular activity or sport
230. Report no suicidal ideation for \_\_\_ consecutive weeks

***Interventions:***

1. Assisting client in verbalizing
2. Allow client to verbalize
3. Help client solve problems
4. Help client identify alternative choices
5. Help client set short-term goals and avoid becoming overwhelmed by long term possibilities
6. Help client set realistic goals
7. Help client identify or express feelings
8. Assist in decision making
9. Help client set priorities
10. Clarify, confirm, or review information
11. Role-play communication techniques
12. Reinforce appropriate coping skills
13. Identify support systems (i.e. family members, community, support group)
14. Identify and help client use resources (i.e. educational materials, financial assistance)
15. Help client identify coping strategies
16. Reassure that responses are a normal reaction
17. Give information
18. Help client seek information
19. Help client maintain hope
20. De-escalate client’s anger by allowing to verbalize
21. Assist client in gathering information
22. Reframing negative self talk
23. Identifying self affirmations
24. Problem solving steps to apply for job
25. In roleplaying ways client could be assertive

***Examples of how interventions should be written***

1. Clinician question client about the history of mental illness in family
2. Clinician assisted client in developing ways to problem solve upcoming HUD housing inspection
3. Therapist assisted client in verbalizing the triggers of alcohol abuse
4. Clinician assisted client to identify triggers of feelings of poor self worth
5. Clinician assisted client in verbalizing ways to cope with fear