

Goals, Interventions, Objectives

Anxiety: Treatment Planning Tool

25 Goals
each with
interventions &
objectives!

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Anxiety
Goals, Interventions & Objectives

Goal: Anxiety will no longer be at a clinical level and client will demonstrate improved functioning.

Interventions:

- Focus on developing a level of trust with the client.
- Provide psychoeducation on anxiety.
- Implement assessment tools.

Objectives:

- Identify and verbalize top sources of anxiety, fears, and concerns and 3 coping skills for managing anxiety.
- Able to work with when anxious over 50% of the time within 4 weeks of therapy.
- Client will show a decrease in anxiety from _____ to _____ on an anxiety measurement tool over a 12-week period.
- Scores on the Severity Measure for Generalized Anxiety Disorder will decrease from 50 currently to 10 or less by _____.
- Able to engage successfully in 1 identified activity that was once avoided due to anxiety symptoms.
- Increase functioning as indicated by subjective report of anxiety free days 5 days per week.
- Report a decrease in overall frequency and intensity of anxiety response so that daily functioning is not impaired.
- Take medication as prescribed.

Goal: Reduce overall frequency, intensity, and duration of anxiety so that daily function is not impaired.

Interventions:

- Teach client how to recognize and avoid triggers.
- Teach CBT to identify and challenge negative thought patterns.
- Discuss how "worry time" can be an effective tool in managing anxiety.

Objectives:

- Describe the situations, thoughts and feelings that impact functioning and attempts to plan.
- Attend at least 10 sessions of cognitive behavioral therapy (CBT) to identify and of negative thought patterns, practice relaxation techniques, and develop coping skills anxiety symptoms. Track progress by using validated self-report measures of anxiety functional impairment before and after each session, and set specific goals for reducing frequency, intensity, and duration of anxiety between sessions.

14
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Measurable Treatment Goals

David Baud



Measurable Treatment Goals:

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 is 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

The Case Formulation Approach to Cognitive-Behavior Therapy Jacqueline B. Persons, 2008-08-14 This book addresses a critical challenge in evidence-based psychotherapy how to use empirically supported therapies ESTs in real world clinical contexts The author explains the basic theories of cognition learning and emotion that underlie available ESTs and shows how the theories also guide systematic case formulation By crafting a sound formulation and continually refining and monitoring it as treatment progresses the therapist can smoothly shift theoretical gears and weave together elements of different ESTs to meet the needs of individual patients who typically present with multiple problems Hands on tools reproducibles and many concrete examples are included

Pervasive Computing Technologies for Healthcare Dario Salvi, Pieter Van Gorp, Syed Ahmar Shah, 2024-06-03 This book constitutes the refereed proceedings of the 17th EAI

International Conference on Pervasive Computing Technologies for Healthcare PervasiveHealth 2023 held in Malm Sweden during November 27 29 2023 The 29 full papers and 6 short papers were selected from 90 submissions and are organized in thematic sessions as follows Pervasive Mental Health Privacy Ethics and Regulations Datasets and Big data Processing Pervasive health for Carers Pervasive Health in Clinical Practice Remote Monitoring Patient and User Aspects Motion and rehabilitation Workshop on the Internet of Things in Health Research Posters and demos non indexed annex

Social Workers' Desk Reference Albert R. Roberts, 2009 This is a new edition of the wildly successful everyday reference for social workers Like the first edition it has been crafted with the help of an extensive needs assessment survey of educators and front line practitioners ensuring that it speaks directly to the daily realities of the profession It features 40% new material and a more explicit focus on evidence based practice

Occupational Therapy Treatment Goals for the Physically and Cognitively Disabled Claudia Kay Allen, Catherine A. Earhart, Tina Blue, 1992 Helps therapists predict the rehabilitation potential for clients with physical and cognitive disabilities Expands the 6 cognitive levels to 52 modes of performance with specific and practical treatment goals for each Case studies illustrate the application of knowledge in various age groups diagnostic categories socioeconomic conditions and cultures

The Clinical Documentation Sourcebook Donald E. Wiger, 2005-03-04 All the forms handouts and records mental health professionals need to meet documentation requirements 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 This updated and revised Third Edition provides you with a full range of forms checklists and clinical records essential for effectively and efficiently managing your practice From intake to diagnosis and treatment through discharge and outcome assessment The Clinical Documentation Sourcebook Third Edition offers sample forms for every stage of the treatment process Greatly expanded from the second edition the book now includes twenty six fully completed forms illustrating the proper way to fill them out as well as fifty two ready to copy blank forms The included CD ROM also provides these forms in Word format so you can easily customize them to suit your practice With The Clinical Documentation Sourcebook Third Edition you ll spend less time on paperwork and more time with clients Includes documentation for child family and couples counseling Updated for HIPAA compliance as well as to reflect the latest JCAHO and CARF regulations New focus on clinical outcomes supports the latest innovations in evidence based practice

Foundations of Couples, Marriage, and Family Counseling David Capuzzi, Mark D. Stauffer, 2021-04-09 Foundations of Couples Marriage and Family Counseling A newly updated and practical approach to marriage couples and family counseling Now in its second edition Foundations of Couples Marriage and Family Counseling delivers a comprehensive treatment of current theory research and real life practice in family therapy The text is fully aligned with the Council for Accreditation of Counseling and Related Educational Programs CACREP and Commission on

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Manual for Drug Abuse Treatment Program Self-evaluation L. Lynn Guess, Barry S. Tuchfeld, 1977 **"Code of Massachusetts regulations, 1988"**, 1988 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 ASAM (American Society of Addiction Medicine) Patient Placement Criteria for the Treatment of Substance-related Disorders David Mee-Lee, 1996 **"Code of Massachusetts regulations, 1991"**, 1991 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **"Code of Massachusetts regulations, 2014"**, 2014 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **"Code of Massachusetts regulations, 1993"**, 1993 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **CMR**, 2020 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 *"Code of Massachusetts regulations, 1998"*, 1998 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **"Code of Massachusetts regulations, 1995"**, 1995 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **"Code of Massachusetts regulations, 1990"**, 1990 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 *"Code of Massachusetts regulations, 1992"*, 1992 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 How to Achieve Quality and Accreditation in a Hospital Social Work Program, 1991

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