

Intervention:

Therapist/Counselor will teach and support Mary to learn and be able to verbalize at least 2 communication strategies that can help decrease anxiety to the point where anxiety will occur less than once per day.

Initials: LCSW Progress will be monitored and documented.

Short Term Goal / Objective:

Mary will work with therapist/counselor to help expose and extinguish irrational beliefs and conclusions that contribute to anxiety.

Frequency: once per week Duration: for 45 minutes Progress: Working on

Target Date: 10/6/2016 Completion Date: _____ Status: _____

Intervention:

Therapist/Counselor will provide therapy to help Mary expose and extinguish irrational beliefs and conclusions that contribute to anxiety. Progress will be monitored and documented.

Frequency: once per week Duration: one hour Initials: LCSW

Short Term Goal / Objective:

Mary will work with therapist/counselor to identify conflicts from the past and the present that form the basis for present anxiety.

Frequency: once per week Duration: for 45 minutes Progress: Working on

Target Date: 10/6/2016 Completion Date: _____ Status: _____

Intervention:

Therapist/Counselor will assist Mary in developing reality based, positive cognitive messages that will increase self confidence and thereby decrease anxiety. Progress will be monitored.

Frequency: once per week Duration: one hour Initials: LCSW

Problem / Need: Depressed Mood

PROBLEM: Depressed Mood

Mary's depressed mood has been identified as an active problem requiring treatment. It is evidenced by:

Depressed Mood: Details as follows:

*Present All the Time

*Complaints of Feeling Sad or Empty

*Expressed Verbally and Through Behavior

LONG TERM GOAL:

Mary will report depressed mood less than once a week.

Target Date: 12/20/2016

SHORT TERM GOALS & INTERVENTIONS:

Short Term Goal / Objective:

Mary will identify be able to explain personalized causes of depression.

Frequency: once per week Duration: for one hour Progress: Working on

Target Date: 10/6/2016 Completion Date: _____ Status: _____

Short Term Goal / Objective:

Mary will keep a journal to express thoughts and feelings relating to the loss. This will help Mary learn about the relationship between feelings and moods and identify and explore moods as they are experienced. Share journal with therapist weekly with the goal of depressed mood occurring less than 4 times per week.

Duration: two weeks Progress: Working on

Target Date: 10/6/2016 Completion Date: _____ Status: _____

Sample Treatment Goals For Depression

**Robert L. Leahy, Stephen J. F.
Holland, Lata K. McGinn**



Sample Treatment Goals For Depression:

Treatment Plans and Interventions for Depression and Anxiety Disorders Robert L. Leahy, Stephen J. F. Holland, Lata K. McGinn, 2012-01-12 This widely used book and accompanying CD ROM are packed with indispensable tools for treating the most common clinical problems encountered in outpatient mental health practice Chapters provide basic information on depression and the six major anxiety disorders step by step instructions for evidence based assessment and intervention illustrative case examples and practical guidance for writing reports and dealing with third party payers In a convenient large size format the book features 74 reproducible client handouts homework sheets and therapist forms for assessment and record keeping The CD ROM enables clinicians to rapidly generate individualized treatment plans print extra copies of the forms and find information on frequently prescribed medications New to This Edition The latest research on each disorder and its treatment Innovative techniques that draw on cognitive behavioral and mindfulness and acceptance based approaches Two chapters offering expanded descriptions of basic behavioral and cognitive techniques More than half of the 74 reproducibles are entirely new

CBT Treatment Plans and Interventions for Depression and Anxiety Disorders in Youth Brian C. Chu, Sandra S. Pimentel, 2023-03-24 Going beyond one size fits all approaches to treating depression and anxiety this book is packed with tools for delivering flexible personalized cognitive behavioral therapy CBT to diverse children and adolescents The authors use extended case examples to show how to conceptualize complex cases and tailor interventions to each client s unique challenges strengths family background and circumstances In a convenient large size format the book features vivid vignettes sample treatment plans therapist client dialogues and 52 reproducible handouts and worksheets most of which can be downloaded and printed for repeated use It offers pragmatic guidance for collaborating effectively with parents and with other professionals

Social Work Practice and Psychopharmacology, Second Edition Sophia F. Dziegielewska, 2009-12-07 Why do social workers need to know about mental health medications How can social workers best assist clients who are taking medications What is the social worker s role as part of the interdisciplinary health care team Answering these questions and more this comprehensive text discusses the major medications used to treat common mental health conditions and offers guidelines on how to best serve clients who are using them This new edition provides guidance on many issues that social workers will encounter in practice including identifying potentially dangerous drug interactions and adverse side effects improving medication compliance recognizing the warning signs of drug dependence and understanding how psychopharmacology can work in conjunction with psychosocial interventions Complete with case examples assessment tools and treatment plans this book offers practical insight for social work students and social workers serving clients with mental health conditions New to this edition are expanded discussions of child and adolescent disorders engaging discussions of how new drugs are created approved and marketed and a new glossary describing over 150 common medications and herbal remedies Important Topics Discussed Treatment of common mental health conditions

such as depression anxiety disorders schizophrenia and dementia Taking a comprehensive medication history Understanding medical terminology Avoiding drug misuse dependence and overdose

Social Work Practice and Psychopharmacology

Sophia F. Dziegielewska, PhD, LCSW, George A. Jacinto, PhD, LCSW, 2016-04-15 Praise for the Second Edition This is a very well written book My students appreciated the down to earth style of writing Many of my students are deathly afraid of topics that have anything to do with biology They were assured by the lack of jargon and the fact that the chapters were written in a way that they could easily understand I look forward to the third edition Nathan Thomas LCSW San Jose State University School of Social Work New findings emerge daily and new medications hit the market every year The nature of this topic lends itself to revision at least every 2 3 years to stay current and germane to current practice standards The case studies are a nice way to transform and integrate clinical principles with social work practice Students have enjoyed the book as a foundational text Dr Robert Mindrup PsyD University of Tennessee Knoxville College of Social Work This comprehensive text noted for its facility in integrating principles into practice prepares social work students to play a key role within an interdisciplinary health care team that of counseling clients who are taking medications used to treat common mental health conditions The third edition has been fully revised to include new medications and reflect changes resulting from the publication of the DSM 5 Sample treatment plans case examples and a full glossary of medications have been updated and the addition of a comprehensive Instructor s Manual further enhances the text s value Also included is information on prescription drug abuse expanded discussions of psychopharmacological considerations related to gender and culture a new section on medical marijuana pregnant women and new content related to suicide warnings and internet availability and electronic records The third edition also features a discussion of potential interactions with medications used to treat chronic conditions and emphasizes professional collaboration The text is replete with guidance on common medicine related issues social workers encounter in practice including identifying potentially dangerous drug interactions and adverse side effects improving medication compliance recognizing the warning signs of drug dependence and understanding how psychopharmacology can work in conjunction with psychosocial interventions The role of the social worker taking into account treatment planning is stressed The text also addresses the particular needs of children older adults and pregnant women and the treatment of specific mental health conditions New to the Third Edition Reflects changes related to the DSM 5 the Affordable Care Act and a multitude of new medications Includes a restructured chapter on special populations highlighting the needs of children and adolescents older adults and pregnant women Presents new sections on electronic health records telemedicine suicide warnings and medical marijuana Offers enhanced coverage of psychopharmacological considerations related to gender and culture Updates case examples treatment plans and extensive medication glossary Provides a comprehensive Instructor s Manual with PowerPoint slides a sample syllabus and sample tests Key Features Addresses the role of medication from the perspective of social work treatment Delivers guidance on common challenges

social workers encounter in practice Encourages and empowers clients to be active in their own treatment Emphasizes the role of the social worker in the use and misuse of medication Identifies potentially dangerous drug interactions and adverse side effects Explains how psychopharmacology works in conjunction with psychosocial interventions *A Guide to Assessments that Work* John Hunsley, Eric J. Mash, 2018 This volume addresses the assessment of the most commonly encountered disorders or conditions among children adolescents adults older adults and couples Strategies and instruments for assessing mood disorders anxiety and related disorders couple distress and sexual problems health related problems and many other conditions are reviewed by leading experts **Essential Interviewing and Counseling Skills** Tracy A. Prout, Tracy Prout, PhD, Melanie Wadkins, PhD, 2014-03-27 Print CourseSmart **The Complete Child and Adolescent Psychotherapy Treatment Planner** Casey Joe White, 2025-01-09 Unlock the full potential of your therapeutic practice with The Complete Child and Adolescent Psychotherapy Treatment Planner Evidence Based Interventions for Trauma Anxiety Depression ADHD More This essential guide is meticulously crafted for mental health professionals dedicated to supporting the diverse needs of youth Key Features Comprehensive Treatment Plans Detailed step by step plans for addressing trauma anxiety depression ADHD and a spectrum of other mental health challenges Evidence Based Interventions Strategies grounded in the latest research ensure effective and reliable outcomes for your clients Practical Applications Real world examples and case studies illustrate the implementation of therapeutic techniques in various settings Assessment Forms Ready to use tools for accurate diagnosis and treatment planning streamlining your workflow Glossary of Terms Clear definitions of essential concepts enhance your understanding and communication within the therapeutic process Holistic Approach Emphasizes collaboration with families schools and community resources to create a supportive network around each youth User Friendly Design Organized layout facilitates easy navigation making it an invaluable reference during therapy sessions Designed to meet the needs of clinicians in diverse environments this treatment planner supports individual therapy group sessions and school based interventions Whether addressing the immediate concerns of a distressed adolescent or developing long term strategies for managing chronic conditions this guide provides the structure and flexibility required for effective mental health care Enhance your practice with a resource that combines depth practicality and accessibility The Complete Child and Adolescent Psychotherapy Treatment Planner is your partner in delivering compassionate informed and impactful therapy to the youth you serve **Quality of Life Therapy** Michael B. Frisch, 2005-07-26 Note Book no longer includes a CD ROM but the files are available online for download for both book and ebook purchasers at www.wiley.com/go/frisch This book defines an approach to well being and positive psychology that is state of the art evidence based empirically validated and an outstanding guide for anyone interested in learning about the practice of positive psychology or well being Ed Diener the world authority on happiness from the University of Illinois and President of the International Positive Psychology Association Endorsed by Christopher Peterson of the University of

Michigan and taught in Marty Seligman's Masters in Applied Positive Psychology MAPP Program at the University of Pennsylvania this book teaches a simple step by step method for putting the fields of well being and positive psychology into practice It is a one stop shopping manual with everything you need in one book and with one approach This approach to greater happiness meaning and success is evidence based and empirically validated It has been successfully tested in three randomized controlled trials including two NIH grant funded trials conducted by James R Rodrigue and his colleagues at Beth Israel and Harvard Medical Centers in Boston Quality of Life Therapy also known as Quality of Life Therapy and Coaching or QOLTC is designed for use by therapists coaches organizational change agents consultants and all professionals who work to improve peoples well being Many laypersons and clients have found the book useful as well This book explains the Sweet 16 Recipe for Joy and Success along with validated interventions for each 1 Basic Needs or Wealths Health Money Goals and Values Spiritual Life Self Esteem 2 Relationships Love Friends Relatives and Children 3 Occupations Avocations Work and Retirement Pursuits Play Helping Service Learning Creativity 4 Surroundings Home Neighborhood Community

Social Workers' Desk Reference Kevin J. Corcoran, Albert R. Roberts, 2015 In the first and second editions of the Social Workers Desk Reference the changes that were occurring in social work practice education and research were highlighted and focused upon This third edition continues in the same tradition and continues to respond to the changes occurring in society and how they are impacting the education research and practice of social work as a whole

DSM-5 in Action

Sophia F. Dziegielewska, 2014-10-20 Full exploitation of the DSM 5 allows for more comprehensive care By demystifying the DSM 5 author Sophia Dziegielewska goes beyond the traditional diagnostic assessment and suggests both treatment plans and practice strategy She covers the changes in criteria to the DSM 5 and what those changes mean for mental health professionals This resource has been updated to include New and updated treatment plans All treatment plans interventions strategies applications and practice implications are evidence based Instructions on doing diagnostic assessments and differential diagnosis using the DSM 5 Changes to coding and billing using the DSM 5 and ICD 10 The book includes robust tools for students instructors and new graduates seeking licensure DSM 5 in Action makes the DSM 5 accessible to all

practitioners allowing for more accurate comprehensive care **The Child Clinician's Report-writing Handbook** Ellen

Braaten, 2007-02-08 What an incredible resource Braaten has written what is clearly the most comprehensive child assessment handbook available This indispensable book carefully walks the clinician through the entire assessment process and covers all conceivable areas of inquiry This is an essential guide for the beginning practitioner and one that is sure to become a mainstay on every child clinicians bookshelf Lee A Ros n PhD Colorado State University

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 **A Therapist's Guide to Writing in Psychotherapy** Michael D. Reiter, 2023-06-29 This guide practically aids mental health professionals in understanding and improving their therapeutic and academic writing demonstrating how the written word is an invaluable tool to document assess and promote change with those in and outside the therapy room Exploring the various ways writing occurs in psychotherapy professions Michael D Reiter comprehensively covers the range of the written word from progress notes and assessment documentation to journaling and therapeutic letters as well as contacting larger systems such as report writing and grant applications Chapters are formatted to include the purpose and function of a particular type of writing before providing multiple examples so therapists can apply this in their own practice This book aims to help all therapists regardless of academic training or therapeutic modality to incorporate these ideas into their work This book is designed for mental health professionals in a variety of settings including counselors therapists social workers family therapists and clinical psychologists This book is useful for graduate students as well as those already in practice Mental Health Nursing Practice Mr. Rohit Manglik, 2024-02-24 Covers psychiatric nursing concepts including mental health disorders therapeutic communication crisis intervention and medication management in clinical mental health settings *The Complete Anxiety Treatment and Homework Planner* David J. Berghuis, 2004-04-12 Utilizing the methodology of the bestselling PracticePlanners series The Complete Anxiety Treatment and Homework Planner provides an all in one resource for treating anxiety and anxiety related disorders saving time and paperwork while allowing you the freedom to develop established and proven treatment plans for adults children adolescents and other subgroups and populations Includes a wide range of behavioral definition statements describing client symptoms as well as 25 customizable homework and activity assignments to be used during treatment Provides long term goals short term objectives and recommended interventions as well as DSM IV TRTM diagnostic suggestions associated with each presenting problem Ready to copy exercises cover the most common issues encountered by a wide range of client groups struggling with anxiety and anxiety related disorders A quick reference format the interactive assignments are grouped by patient type such as employee school based child adolescent addicted adult acute inpatient and more Expert guidance on how and when to make the most efficient use of the exercises Includes access to ancillary Web site with downloadable resources including sample treatment plans and customizable homework exercises **The Complete Depression Treatment and Homework Planner** Arthur E. Jongsma, Jr., 2004-02-26 Contains more than 1 000 prewritten goals objectives and interventions for treating depression and depression related disorders Includes clinically proven ready to copy homework exercises and assignments Sample treatment plans and customizable exercises may be easily downloaded online at www.wiley.com/go/completenessplanners The Bestselling treatment planning system for mental health professionals Utilizing the methodology of the bestselling PracticePlanners series The Complete Depression Treatment and Homework Planner provides an all in one resource for treating clinical depression saving time and paperwork while allowing you the

freedom to develop established and proven treatment plans for adults children adolescents and other subgroups and populations Includes a wide range of behavioral definition statements describing client symptoms as well as over 25 customizable homework and activity assignments to be used during treatment Provides long term goals short term objectives and recommended interventions as well as DSM IV TRTM diagnostic suggestions associated with each presenting problem Ready to copy exercises cover the most common issues encountered by a wide range of client groups suffering from depression A quick reference format the interactive assignments are grouped by patient type such as employee spouse adolescent addicted adult acute inpatient and more Expert guidance on how and when to make the most efficient use of the exercises Includes access to ancillary Web site with downloadable resources including sample treatment plans and customizable homework exercises Additional resources in the PracticePlanners series For more information on our PracticePlanners products including our full line of Treatment Planners and Homework Planners visit us on the Web at www.wiley.com/practiceplanners The Complete series of books combine our bestselling Treatment Planners and Homework Planners into one easy to use all in one resource for mental health professionals treating clients suffering from a wide range of disorders Treatment Planners cover all the necessary elements for developing formal treatment plans including detailed problem definitions long term goals short term objectives therapeutic interventions and DSMTM diagnoses The Oxford Handbook of Depression and Comorbidity C. Steven Richards, Michael W. O'Hara, 2014 The Oxford Handbook of Depression and Comorbidity brings together scholarly contributions from world class researchers to present a careful and empirically based review of depressive comorbidity *Brief Cognitive-Behavioral Therapy for Suicide Prevention* Craig J. Bryan, M. David Rudd, 2018-08-16 An innovative treatment approach with a strong empirical evidence base brief cognitive behavioral therapy for suicide prevention BCBT is presented in step by step detail in this authoritative manual Leading treatment developers show how to establish a strong collaborative relationship with a suicidal patient assess risk and immediately work to establish safety Proven interventions are described for building emotion regulation and crisis management skills and dismantling the patient's suicidal belief system The book includes case examples sample dialogues and 17 reproducible handouts forms scripts and other clinical tools The large size format facilitates photocopying purchasers also get access to a webpage where they can download and print the reproducible materials **The Addiction Treatment Planner** Robert R. Perkinson, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2022-04-19 Clarify simplify and accelerate the treatment planning process so you can spend more time with clients The Addiction Treatment Planner Sixth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This valuable resource contains treatment plan components for 48 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more You'll save hours by speeding up the completion of time consuming paperwork without sacrificing your

freedom to develop customized treatment plans for clients This updated edition includes new and revised evidence based objectives and interventions new online resources expanded references an expanded list of client workbooks and self help titles and the latest information on assessment instruments In addition you ll find new chapters on some of today s most challenging issues Opioid Use Disorder Panic Agoraphobia Loneliness and Vocational Stress New suggested homework exercises will help you encourage your clients to bridge their therapeutic work to home Quickly and easily develop treatment plans that satisfy third party requirements Access extensive references for treatment techniques client workbooks and more Offer effective and evidence based homework exercises to clients with any of 48 behaviorally based presenting problems Enjoy time saving treatment goals objectives and interventions plus space to record your own customized treatment plan This book s easy to use reference format helps locate treatment plan components by presenting behavioral problem or DSM 5 diagnosis Inside you ll also find a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA The Addiction Treatment Planner Sixth Edition will liberate you to focus on what s really important in your clinical work

Cognitive-Behavioral Interventions in Educational Settings Ray W. Christner, Rosemary B. Mennuti, 2013-06-19 Schools and school staff play a critical role in the cognitive behavioral emotional social and interpersonal development of children and adolescents This second edition of *Cognitive Behavioral Interventions in Educational Settings* teaches readers to think strategically about the individual and plan for effective and specific interventions based on the student s age developmental level and presenting problems It is written by forward thinking established professionals whose writing represents the state of the art in cognitive behavioral interventions in educational settings and presents evidence based interventions for a variety of issues commonly seen in schools Including both innovative and well established approaches they offer assessment methods and interventions for a variety of issues and concerns faced by school aged youth The use of case studies and session outlines as well as the balance of theoretical and clinical concerns enhances this book s value as a reference for both clinicians and students New to this edition are topics on cyber bullying parent and school consultation school wide positive behavioral support and bipolar disorder This is the ideal reference for those who wish to select and utilize precise interventions in school settings

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