

Treatment Planning Objective Library

YOUNG CHILD

Client will practice moving in "turtle time slowing down his actions and speaking to allow him to focus on completing task with accuracy 8 out of 10 times per week and discuss during session once every 2 weeks for the next 6 months.

Client will list with the therapist the top 3 things that have caused her pain. Develop up with 5 ways to handle sad, angry, and confused feelings. Her progress will be noted in therapist progress notes and as evidenced by client and parent report as well as therapist observation. Mood Chart or Journal to record episodes of increased negative mood (depressed mood, irritability, anger, etc.) that I would rate 5 or higher on a scale of 1 to 10 with 10 being the worst.

I will talk about (or act out through play with toys) things or changes that make me feel sad, worried, or shaky inside. Mother will report a decrease in temper tantrums or emotional meltdowns over the next six (6) months as evidenced by progress notes

Client will learn to identify the 5 emotions of happy, sad, mad, scared and worried and identify one life experiences for each emotion to help her identify an emotion that is connected to an event, as evidenced by therapy progress notes, self-report and guardian report during individual and family therapy sessions for the next four months.

Client will think and talk about how unhappy feelings are connected to her unacceptable behaviors four out of five times. This will be done through storytelling, drawing, role play, and sand tray and will be reflected in the progress notes.



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Client will learn 2 self-protective behaviors to increase her self-esteem and self-confidence and increase her problem solving skills to make safe proactive decision when she is feeling anxious, fearful or unsafe. She will improve her feeling of self-esteem, and be able to communicate her feelings 5 of 7 days a week, as evidenced by therapeutic progress notes, guardian report and self-report during individual and family therapy sessions for the next six months.

Client and her guardian will learn to identify 3 good touches that are safe and 3 bad touches that are unsafe, and increase her knowledge base of the importance to tell a safe adult if she is receives a bad touch by an adult or child, as evidenced through therapeutic progress notes, self-report and guardian report during individual and family therapy sessions for the next five months.

I will learn 5 coping measures/alternative behaviors that will replace self-harming behaviors. Utilizing these safe and healthy behaviors, I will experience a reduction in self-harm, experiencing a reduction in all self-harming behaviors at least 4 out of 7 days per week for the first three months of therapy. I will continue to reduce self-harm behaviors, resulting in a complete cessation of self-harming behaviors by the end of therapy within 6 months from the start of treatment, as evidenced by client and parent report, as well as therapist observation.

I will role play with toys or stuffed animals, or illustrate using art the right way to react when I am upset and the wrong way to act with the therapist and the guardian will rate the effectiveness on a scale from 1-5 with the therapist over the next four months as evidenced by progress notes

Client will learn and implement appropriate coping skills which will be role-played and practiced with therapist. Social skills to be learned fall under Cognitive (making decisions about interests and abilities), Self-Help (find appropriate toys, sets up, cleans up environment), Social/Language (learns how to share, barter, manage conflict, and ask for help), and Emotional (learns about acceptance and rejection, and learns to express own emotional needs). Effectiveness of skill training will be evidenced by parental report and therapist documentation, increasing positive communication from 2 days per week to 5 days per week.



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I will talk about three things that remind me of scary or upsetting things that have happened in my life and discuss them with the therapist over the next three months as evidenced by progress notes.

I will learn and practice three things I can do to help me control my energy and behavior when I feel hyper or bored. My guardian and I will rate the effectiveness of these activities on a scale from 1-5 and discuss with the therapist over the next six months as evidenced by progress notes.

Client will learn 4 ways to self-soothe at home and school; she will utilize 1 self-soothing method each day for 20 minutes for a period of 30 days

I will identify and practice 2 new healthy coping skills to use when overwhelmed with anger/frustration emotions in a public setting and use these 3 out of 4 times as evidenced by self-report, parent/guardian report, teacher report and therapeutic progress documentation once per month.

Luke will recognize how his negative emotions are connected to his behaviors through drawing, storytelling, and puppet play, in three out of every four situations; progress will be observed and reported by the therapist.

Luke will learn and implement thought stopping to manage unwanted angry thoughts in two out of every three situations; progress will be reported to the therapist by Luke's mother and noted in the progress notes.

Client and his guardian will learn 2 coping skills to help increase his attention span. Aden and his guardian will discuss what coping skills he practiced and rate on a Likert Scale from 1 - 10 how his coping skills are helping him as evidenced by therapy progress notes, guardian report and self report during individual and family therapy sessions for the next six months.

Client will learn 2 coping skills to reduce his level of hyperactivity, and practice the coping skills 4 out of 7 days a week at home. Client and his guardian will discuss what coping skills he practiced and rate on a Likert Scale from 1 - 10 how his coping skills are helping him as evidenced by therapy progress report, guardian report and self-report during individual and family therapy sessions for the next five months.

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Client will use play therapy sessions with puppets and stuffed animals to assist with increased following directions and increased listening skills and learn positive social interaction skills acting this out with the puppets to the audience of stuffed animals improving interactions at home and at school from 0 days a week to 5 days a week as evidence by therapist progress reports, school reports, and mother reports.

Clients will freely participating in weekly play therapy sessions for the next 3 months in order build resilience. Client will also learn and use play activities during sessions to identify and express her feelings, begin the process of coping and to develop a more positive self-concept as evidenced by parent report, teacher report, and/or counselor observation documented in progress notes

Client will use play therapy sessions with puppets, figurines, and stuffed animals to assist with processing her feelings related to bullying, acting this out with the puppets to the audience of stuffed animals improving interactions social interactions and build self-esteem at home and at school from 0 days a week to 5 days a week as evidence by therapist progress reports, school reports, and mother reports.

Client will learn to use activities in play therapy sessions in order to increase her self-regulatory skills. Client's mood/affect will be rated by her parents or teacher every session on a scale of 1-10 with an ideal score of 7. Client's progress or will be documented in counselor's progress notes.

Client will learn 2 coping skills to reduce his impulsive behaviors, and practice the coping skills 4 out of 7 days a week at home. Client and his guardian will discuss what coping skills he practiced, and rate on a Likert Scale from 1 - 10 how the coping skills helped him, as evidenced by therapy progress notes, guardian report

Client will role play how to use words and demonstrate a decrease in using actions in situations of anger from 4 out of 5 instances to 1 out of 5 instances. This will be monitored by client and family reports and therapist documentation



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Client will identify 3 thoughts or feelings that continue to negatively impact his emotions. This will be explored through bibliotherapy, discussion, art, and play. The therapist will reflect Client's thoughts, feelings, and behaviors to assist her in becoming more aware of them. This will be completed during session and recorded in the progress notes.

Client will use play therapy sessions to assist with increased following direction and increased listening skills at home and at school from 2 days a week to 4 days a week as evidenced by therapist progress reports, school reports, and mother reports.

I will pick one silly word I can say to an adult or they can say to me to let them know when I am getting too frustrated. I will discuss this with the therapist over the next four months as evidenced by progress notes.

I will role play with therapist ways to be responsible for personal belongings once a month as evidenced by self/caregiver report and therapist progress documentation.

Client will identify and implement 3 techniques that allow him to better express himself. These skills will be explored and practiced during session. Progress will be measured by therapist observation, self, and parent report. Progress will be recorded in the session notes

Client will role play how to use words and demonstrate a decrease in using actions in an argument from 4 out of 5 instances to 1 out of 5 instances. This will be monitored by client and family reports and therapist documentation

Client learn 2 coping skills to help increase her attention span. Client and her guardian will practice using the coping skills once a day, and discuss what coping skills she practiced and rate on a Likert Scale from 1 - 10 how her coping skills are helping her as evidenced by therapy progress notes, guardian report and self-report during individual and family therapy sessions for the next six months

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Client will learn 2 coping skills to reduce her impulsive behaviors, and practice the coping skills 4 out of 7 days a week at home. Client and her guardian will discuss what coping skills she practiced, and rate on a Likert Scale from 1 - 10 how the coping skills helped her, as evidenced by therapy progress notes, self-report and guardian report during family therapy and individual therapy sessions for the next four months.

I will identify, learn, and implement three different things that I can do to become more compliant and will use these tactics to reduce difficult behavior to two of five incidents as evidenced by therapeutic notes from client, parent and teacher report once per month.

I will share and process 2 current experiences where appropriate behavioral choices were made and the tactics used to resolve the five out of seven days per week during regularly scheduled therapeutic sessions as evidenced by client self-report and therapeutic progress documentation once per month.

I will pick one silly word I can say to an adult or they can say to me to let them know when I am getting too frustrated. I will discuss this with the therapist over the next four months as evidenced by progress notes.

Client will learn and implement appropriate coping skills which will be role-played and practiced with therapist. Social skills to be learned fall under Cognitive (making decisions about interests and abilities), Self-Help (find appropriate toys, sets up, cleans up environment), Social/Language (learns how to share, barter, manage conflict, and ask for help), and Emotional (learns about acceptance and rejection, and learns to express own emotional needs). Effectiveness of skill training will be evidenced by parental report and therapist documentation, increasing positive communication from 2 days per week to 5 days per week. I will role play with therapist ways to be responsible for personal belongings once a month as evidenced by self/caregiver report and therapist progress documentation.

I will practice doing one activity from start to finish without starting a new activity or getting distracted at least one time per day over the next four months. Progress will be documented by an increase in ability to complete tasks and in progress notes

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Client will find and talk about the 3 differences between inappropriate choices (i.e. not following directions; rolling eyes; backtalk) and appropriate choices (i.e. following directions; asking permission; using coping skills) with my parent/teacher and siblings/classmates 6 out of 7 days a week I tend to do as evidenced by client report and therapist documentation for the next 4 months.

Client will identify 5 ways he can be a good friend. He will use these when interacting with classmates and discuss the use of these in session. Progress will be determined by an increase of positive school days from 2 to 4 per week.

Once monthly Client will read a book, or watch a social story that focus, one of the following: identifying her feelings, improved social/communication skills, following directions. After each story therapist will relate the story back her everyday life, for 6 months as evidence by therapist

Dee Anna will make use of CBT, DBT and a gratitude journal in cooperation with the therapist to learn and make use of coping skills to decrease her anxiety from an 8 to a 4 or less aeb therapeutic progress notes over a period of 5 months

Client will use the things that she enjoys and loves to reduce her depressive symptoms. She will play sports, games, and actively participate in the girls mentoring program that she is enrolled in. Client will do this 1 to 5 times per week over the next 3 months. This will be evidenced by therapy discussion and progress notes
Objective 1.2 Client will learn 4 ways to self-soothe at home and school; she will utilize 1 self-soothing method each day for 20 minutes for a period of 30 days

Treatment Planning Objective Library

ADHD

Parents and client will show increased knowledge about ADHD by identifying 4 symptoms and two types of treatments that helped and improved my impulsive behaviors to reduce from 7 negative/impulsive behaviors to 2 a week as evidenced by therapy progress notes.

Hayden will use play therapy sessions to assist with increased following direction and increased listening skills at home and at school from 2 days a week to 4 days a week as evidence by therapist progress reports, school reports, and mother reports.

Client will learn and implement appropriate social skills which will be role-played and practiced with Therapist and the effectiveness of skill training will be evidenced by improvement in social interaction from 0 to 7 per week as evidenced by therapist documentation.

During 3 out of 4 sessions per month, I will learn 3 organizational skills and study habits that can be applied to school and home settings and I will practice them 7 out of 7 days per week within 3 prompts as evidenced by self-report, caregiver report, teacher report, and therapist progress documentation.

I will create a list, with the help of my therapist, of past poor choices that I have made which resulted in harm to me and/or others. I will determine and list 6 alternative choices that I can make from this point forward to both resolve the past and work toward healthy habits and relationships for the future. I will take steps toward at least 2 healthy choices per month, my progress being noted in progress notes and evidenced by client report.

I will "check-in" with myself once a week and rate how I feel I am doing on a scale from 1- 10 (10 being the highest) in the following areas: home life, school/work life, friendship/relationship health, physical health/sleep/eating habits, emotional health, spiritual health, and creative health. I will discuss my check-ins with the therapist over the next five months as evidenced by progress notes.

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I will make a list with my therapist of the top 4 "stinkin thinkin" thoughts that I think about myself. I will also make a list with my therapist of happy, positive, and hopeful thoughts about myself to replace the negative thoughts. I will add one positive thought and belief to my list every month, sharing why it is true. My progress will be documented in therapy notes once per month.

I will practice noticing when I am saying negative statements about myself (either out loud or in my head) and correct the negative statements by coming up with more honest/realistic or positive statements. I will report a decrease in negative sentences used over the next six months as evidenced by progress notes.

I will pick one silly word I can say to an adult or they can say to me to let them know when I am getting too frustrated or overwhelmed. I will discuss this with the therapist over the next four months as evidenced by progress notes.

I will learn and implement 3 healthy behaviors and communication skills to replace negative behaviors and communication patterns in school, home, and social settings, decreasing negative and impulsive behaviors and interactions with others from 7 to 3 times per week. Progress will be documented in therapist progress notes once per month, evidenced by therapist observation, and client, parent, and teacher report once per month.

Client will create a list of 3 personal goals and means of accomplishing these goals and discuss the value of each goal and accomplishment with his mother weekly and with therapist biweekly as evidenced by his mother's report, observation during biweekly therapy sessions, and progress notes for 5 months.

I will create a daily schedule with my guardian and therapist that I can follow for weekdays and weekends that will provide more structure and stability that involve only one hour of video games/tablet/smartphone/television/computer/technology per day and at least one hour of physical activity per day. My guardian will report an overall improvement in the household well-being on a scale from 1-10 (10 being the best) over the next six months as evidenced by progress notes.

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I will find and talk about the 3 differences between inappropriate choices (i.e. not following directions; rolling eyes; backtalk) and appropriate choices (i.e. following directions; asking permission; using coping skills) with my parent/teacher and siblings/classmates 6 out of 7 days a week I tend to do as evidenced by client report and therapist documentation

I will learn and practice three ways to make and keep friends. I will begin new friendships that I enjoy and that help me to feel good about myself. My parents and I will report an increase in peer interactions at least 4 out of 7 days per week.

Client will recognize and verbalize how unpleasant or negative emotions are connected to her behaviors in four out of five opportunities. This will be done through storytelling, drawing, role play, and sand tray and will be reflected in the progress notes.

Client will work to maintain focus and concentration in school. She will perform these 30 to 50 minutes per class 3 to 5 days per week. She will do this over the next 6 months. This will be evidenced by therapy discussion and progress notes.

Client will learn 2 coping skills to reduce his level of hyperactivity, and practice the coping skills 4 out of 7 days a week at home. Devin and his guardian will discuss what coping skills he practiced and rate on a Likert Scale from 1 - 10 how his coping skills are helping him as evidenced by therapy progress report, self-report and guardian report and will be discussed in family and individual therapy sessions for the next six months.

Client will learn 2 coping skills to help increase his attention span. He will practice using the coping skills once a day. Client and his guardian will discuss what coping skills he practiced and rate on a Likert Scale from 1 - 10 how his coping skills are helping him as evidenced by therapy progress notes, guardian report and self-report during individual and family therapy sessions for the next six months.

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Client will learn 2 coping skills to reduce his level of hyperactivity, and practice the coping skills 4 out of 7 days a week at home. He will discuss what coping skills he practiced and rate on a Likert Scale from 1 - 10 how his coping skills are helping him as evidenced by therapy progress report, guardian report and self-report during individual and family therapy sessions for the next five months.

Client will learn 4 ways to self-soothe at home and school; she will utilize 1 self-soothing method each day for 20 minutes for a period of 30 days

Client will learn 2 coping skills to reduce his impulsive behaviors, and practice the coping skills 4 out of 7 days a week at home. He will discuss what coping skills he practiced, and rate on a Likert Scale from 1 - 10 how the coping skills helped him, as evidenced by therapy progress notes, guardian report and self-report during family and individual therapy sessions for the next four months. Due Date: 05/18/2017

I will learn and practice Stop, Think, Act to reduce impulsivity during session within the next three months as evidenced in progress note. I will share and process 2 current experiences with impulsive behavior and my attempts to resolve them five out of seven days per week during regularly scheduled therapeutic sessions as evidenced by teacher/parent report and therapeutic progress documentation.

Client will increase the time I can sit still to complete a task from 15 to 30, to 45 to 60 minutes and progressively more so until 6 months is reached as evidenced by therapy progress notes

Client will increase the time she is able to focus and decrease her hyperactivity on a task from 4 minutes to 6 minutes as evidence by observation during therapy sessions/ therapist progress reports, teacher reports, and reports from mother.

I will learn how to reduce the amount of things that distracts me and increase my focus on task during therapy/school 3 out of 5 days a week as evidenced by progress notes and self-report

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Client will learn 2 coping skills to increase his attention span at home 4 out of 7 days a week. He will use a Likert Scale and rate his progress from 1-10, as evidenced by therapeutic progress notes, self-report and guardian report during individual and family therapy sessions for the next six months

Client will learn 2 coping skills to help increase his attention span. He will practice using the coping skills once a day. Client and his guardian will discuss what coping skills he practiced and rate on a Likert Scale from 1 - 10 how his coping skills are helping him as evidenced by therapy progress notes, guardian report and self-report during individual and family therapy sessions for the next six months.

Client will learn to delay instant gratification in favor of longer term goals (i.e. completing homework, remaining on task in class, demonstrating less aggressive behavior, reducing instances of destroying things, not using curse words, having fewer tantrums and outbursts). He will reduce these behaviors from his current baseline of 3-6 incidents per day to 0-2 incidents per day. This will be achieved by teaching Christopher self-control strategies like "stop, look, listen, and think" and helping him understand the consequences of his actions. He will also be engaged in behavioral therapy to shape and reinforce instances of demonstrating pro-social and desirable behavior at home and school.

Hayden will use play therapy sessions to assist with increased following direction and increased listening skills at home and at school from 2 days a week to 4 days a week as evidence by therapist progress reports, school reports, and mother reports.

Client will use the things that she enjoys and loves to reduce her depressive symptoms. She will play sports, games, and actively participate in the girls mentoring program that she is enrolled in. Client will do this 1 to 5 times per week over the next 3 months. This will be evidenced by therapy discussion and progress notes

Client will learn and implement appropriate social skills which will be role-played and practiced with Therapist. Social skills to be learned fall under Cognitive (making decisions about interests and abilities),

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Self-Help (finds appropriate toys, sets up, and cleans up environment), Social/Language (learns how to share, barter, manage conflict, and ask for help), and Emotional (learns about acceptance and rejection, and learns to express own emotional needs). Effectiveness of skill training will be evidenced by parental report and therapist documentation, increasing positive communication from 2 days per week to 5 days per week.

Anastasia will increase awareness for odd behaviors and awareness for how she feels others experience or see her by participating in 5 or more exercises that include different social situations and settings. Anastasia and therapist will discuss and practice 5 appropriate and effective methods and responses to problem solving to decrease feelings of isolation as evidenced by self-reports of progress with therapist in bi-weekly therapy sessions and documented in notes.

Client will improve concentration by implementing other strategies in addition to medication management: - begin meditating 10minutes a day, four times a week for now -play outside for 30 minutes a day - get proper amount of sleep at night-7 to 8 hours

I will identify five areas of relational conflict that I attribute to and will make one step per week to replacing one of those negative behaviors with a positive one, reporting successes and/or challenges to my therapist during therapy sessions. I will report a decrease in relational conflict four out of seven days. My progress will be recorded in therapist notes once per month, evidenced by client and parent report.

Client will learn coping skills, including problem solving and emotional regulation. This will be measured by him demonstrating these skills during therapy sessions and at home. He, his guardians and therapist will evaluate progress on a Likert scale (1 no issue - 10 severe issue) and I will have a score of less than 5 on each evaluation for 2 consecutive weeks.

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Client will learn to identify maladaptive, negative (bad) thoughts and how to replace them with more positive, adaptive thoughts. This will be measured by him demonstrating these skills during therapy sessions and bringing in homework assignments for two consecutive weeks that show he practiced them between sessions.

During monthly sessions, I will identify 4 irrational beliefs and negative self-statements that I have come to believe and I will replace these negative statements with positive, empowering self-statements. I will use these 5 out of 7 days per week as evidenced by self-report and therapist progress documentation.

Client will learn to identify the 5 basic emotions of happy, sad, mad, scared and worried and identify one life experiences for each emotion to help her identify an emotion that is connected to an event, as evidenced by therapeutic progress notes and guardian report in individual and family therapy sessions for the next four months

Client will learn 8 out of 10 coping skills to reduce his level of hyperactivity and practice the coping skills 4 out of 7 days a week at home and school. Client and his mother will discuss what coping skills he practiced and rate on the Likert scale from 1-10 how his coping skills helped him and discuss in individual and family therapy once every 2 weeks for 6 months.

Client will learn 2 coping skills to reduce his impulsive behaviors, and practice the coping skills 4 out of 7 days a week at home. Client will discuss what coping skills he practiced, and rate on a Likert Scale from 1 - 10 how the coping skills helped him, as evidenced by therapeutic progress notes and self-report during family and individual therapy sessions for the next six months.



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ANGER

Client will identify 2 triggers associated with his anger issues, and he will discuss how his triggers can increase his angry outbursts discussing a plan to decrease the outbursts from 3x a day to 1x times a week as evidenced by therapy progress notes, guardian report and self-report during individual and family therapy sessions for the next six months.

Client will learn 2 anger management skills and discuss how his anger management skills are helping him respond in a safe manner when he is feeling agitated, frustrated or angry. John and his guardian will discuss a plan to decrease the angry outbursts from 2 times a day to 1 time a week as evidenced by therapy progress notes and self-report during individual therapy sessions for the next six months.

Client will learn and complete worksheets or other play activities during sessions or for homework to show knowledge of age-appropriate conflict resolution and assertiveness. He will be rated on a scale of 1-10 (10 being excellent) and score a 7 or 8 for 3 consecutive weeks as reported by parent(s) and noted in therapist documentation.

Luke will recognize how his negative emotions are connected to his behaviors through drawing, storytelling, and puppet play, in three out of every four situations; progress will be observed and reported by the therapist.

Client will learn 2 self-protective behaviors to increase his self-esteem and self-confidence and increase his problem solving skills to make safe proactive decisions when he is feeling angry, irritable and frustrated. He will improve his feeling of self-esteem 5 out of 7 days a week as evidenced by therapy progress notes, guardian report and self-report during his individual and family therapy sessions for the next six months

Brandon will improve overall performance in school by: completing and submitting all classwork assignments daily and when assignments are due, asking for help when necessary, and reducing explosive episodes and inappropriate classroom behavior from 4 times a week to 1 time a week, as evidenced by weekly therapy progress notes.

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Matthew will express his anger and frustration in a positive manner without outbursts. He will not talk back. He will learn and use 5 positive strategies for expressing his emotions. Negative expressions of emotions will be reduced from twice a week to once per week for one month as evidenced by parent, client reports, and documented in therapist progress notes.

Luke will learn and implement thought stopping to manage unwanted angry thoughts in two out of every three situations; progress will be reported to the therapist by Luke's mother and noted in the progress notes.

Client will identify 3 ways using anger, manipulation or defiance to solve conflicts that contribute to a decrease in self-esteem and will develop two healthy conflict resolutions for the next 4 months.

Client will identify 2 triggers associated with his anger issues, and discuss how his triggers can increase his angry outbursts, discussing a plan to decrease the outbursts from 3 to 1 times a day as evidenced by therapy progress notes, self-report and guardian report during individual and family therapy sessions for the next four months.

Client will be able to identify 5 anger triggers 2 times per week that are related to his anger outburst as evidence by mother, teacher and self-evaluations reports.

Client will learn and implement appropriate coping skills which will be role-played and practiced with therapist. Social skills to be learned fall under Cognitive (making decisions about interests and abilities), Self-Help (find appropriate toys, sets up, cleans up environment), Social/Language (learns how to share, barter, manage conflict, and ask for help), and Emotional (learns about acceptance and rejection, and learns to express own emotional needs). Effectiveness of skill training will be evidenced by parental report and therapist documentation, increasing positive communication from 2 days per week to 5 days per week.

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Client will learn 2 anger management skills. He will discuss how his anger management skills are helping him respond in a safe manner when he is feeling agitated, frustrated or angry, and they'll discuss what anger management skills he used and how his skills helped decrease his angry outbursts from 3 times a day to 1 time a week as evidenced by therapy progress notes, guardian report and self-report during individual and family therapy sessions for the next six months. Due Date:

Client will learn and implement 2 calming and relaxation skills. He will use a Likert scale and rate from 1-10 how the relaxation skills are helping him learn to manage his mood fluctuations, as evidenced in therapy progress notes, guardian report and self-report during individual and family therapy sessions for the next five months. Due Date: 06/16/2017

Client and her guardian will identify 2 triggers associated with her anger issues, and discuss how her triggers can increase her angry outbursts discussing a plan to decrease the outbursts from 3 to 1 times a day as evidenced by therapy progress notes, guardian report and self-report during individual and family therapy sessions for the next six months

Madison will learn to identify triggers to her anger and learn 2 ways to counteract triggers; she will select 1 technique each day for a period of 60 days when she encounters a trigger at home and school decreasing my angry outbursts from 7 to 2 a week as evidenced by therapist progress notes.

Jeremiah will learn 5 anger management skills and discuss how his anger management skills are helping him respond in a safe manner when he is feeling agitated, frustrated, or angry and in his interactions with others. He will discuss a plan to decrease his angry outburst from 3 to 1 time a week as evidenced by therapeutic progress notes, parent reports, and self-reports during individual therapy sessions for the next 6 months.

Jaeden will decrease his anger episodes and/or tantrums from daily to 3x a week based on client's report, teacher's report, parent reports, and/or counselor observation documented in progress notes

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Jaden will learn to express his feelings about adapting to the transitions from his mother's home and father's home by participating in weekly play therapy sessions

I will "check-in" with myself once a week and rate how I feel I am doing on a scale from 1- 10 (10 being the highest) in the following areas: home life, school/work life, friendship/relationship health, physical health/sleep/eating habits, emotional health, spiritual health, and creative health. I will discuss my check-ins with the therapist over the next five months as evidenced by progress notes. Due Date: 03/06/2017

I will talk about (or act out through play with toys) things or changes that make me feel sad, worried, or shaky inside. Mother will report a decrease in temper tantrums or emotional meltdowns over the next six (6) months as evidenced by progress notes

Client will learn 3 harmless ways to express his frustrations and discuss the benefit of utilizing these alternative expressions 3 times a week as evidenced by mother's self-report and observations during therapy sessions biweekly for 5 months.

Client will learn 3 positive outcomes of appropriately expressing himself and address these positive outcomes with his mother weekly and his therapist biweekly as evidenced by parent's report, observation during therapy sessions, and progress notes for 5 months

Client will identify 4 negative consequences of violence and develop 3 strategies to avoid physical altercations as evidenced by parent's report and observations during biweekly therapy sessions for 5 months.

Client will create a list of 3 personal goals and means of accomplishing these goals and discuss the value of each goal and accomplishment with his mother weekly and with therapist biweekly as evidenced by his mother's report, observation during biweekly therapy sessions, and progress notes

Mom and client will create a behavior chart for use with client to establish rules, rewards and punishments for client to follow. Goal will be met, when behavior chart has been completed.

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Mom will document Client's behaviors, rewards, and punishments on the chore chart on a daily basis, to reduce Client's anger outbursts to 4 times or less per week and it will be discussed in therapy monthly. Progress will be noted in therapy notes.

I will create a list, with the help of my therapist, of past poor choices that I have made which resulted in harm to me and/or others. I will determine and list 6 alternative choices that I can make from this point forward to both resolve the past and work toward healthy habits and relationships for the future. I will take steps toward at least 2 healthy choices per month, my progress being noted in progress notes and evidenced by client report.

I will make a list with my therapist of the top 4 "stinkin thinkin" thoughts that I think about myself. I will also make a list with my therapist of happy, positive, and hopeful thoughts about myself to replace the negative thoughts. I will add one positive thought and belief to my list every month, sharing why it is true. My progress will be documented in therapy notes once per month.

I will make a list of my top 6 goals of self-sufficiency with my therapist. We will develop 3 concrete steps to take for each goal. I will pursue one goal per month, reporting successes and challenges with my therapist during sessions. Progress will be noted in therapist progress notes, evidenced by client report as well as self-sufficiency goal completion.

Kayla will identify 5 healthy ways to deal with the emotions she feels due to situations she has lived through in the past in order to decrease her angry days from occurring 5 times per week to 0 times per week as evidenced by client/caregiver report and therapist progress documentation.

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Kaitlyn will process 2 undesirable behaviors. This will occur during session and will be prompted through discussion, play, and/or bibliotherapy. The therapist will assist Kaitlyn in examining how her behaviors were wrong and assist her in finding solutions to these events. Progress will be assessed through therapist observation and will be recorded in the session notes. Continues Progress: Kaitlyn has processed her aggressive behaviors and her desire for control during session. Kaitlyn will continue to process her undesirable behaviors during session until they have been significantly reduced.

Kaitlyn will develop and implement 2 effective coping skills that allow her to manage her undesirable behaviors. This will be explored and practiced during session and recorded in the progress notes. Progress will be measured by self-report, parent report, and therapist observation. Continues Progress: Kaitlyn has practiced breathing and hitting pillows to redirect her undesirable behaviors during session. Further development of coping skills is desired.

Kaitlyn will display a decrease in manipulative behaviors, anger outbursts, irritability, and other undesirable behaviors in every 3 out of 4 opportunities, per week. This will be measured through self and parent report, and will be recorded by the therapist.

Client and her guardian will learn 2 anger management skills and discuss how her anger management skills are helping her respond in a safe manner when she is feeling agitated, frustrated or angry. Client and her guardian will discuss a plan to decrease the angry outbursts from 4 times to 2 times daily as evidenced by therapeutic progress notes and self-report once a week in therapy sessions for the next 6 months.

Client will engage in pro-social behaviors such as anger management and the use of self-control techniques when angry 2 times per week at home or at school as evidenced by self-reports, school staff reports, and parent reports during therapy sessions for the next four months. Client will discuss in therapy sessions progress of how he has behaved and documented in notes Continues Progress: He continues to display anger, verbal and physical aggression in his interactions with others. Due Date: 04/13/2017

Treatment Planning Objective Library

Client will learn and complete worksheets or other play activities during sessions or for homework to show knowledge of age-appropriate conflict resolution and assertiveness. He will be rated on a scale of 1-10 (10 being excellent) and score a 7 or 8 for 3 consecutive weeks as reported by parent(s) and noted in therapist documentation.

Client will learn and implement 3 appropriate coping skills and non-family social support systems to assist with managing stress, reporting an increase of positive communication in at 3 out of 5 days per week as evidenced by client self-report and therapist documentation

Client will be able to identify 5 anger triggers 2 times per week that are related to her anger outburst as evidence by mother, teacher and self-evaluations reports. I will identify 3 ways using anger, manipulation or defiance to solve conflicts that contribute to a decrease in self-esteem and will develop two healthy conflict resolutions for the next 4 months.

I will increase understanding of three (3) beliefs in underlying messages that produce my worry and anxiety within the next four (4) months AEB progress notes.

I will learn 3 relaxation techniques to implement to reduce anxiety and will discuss with therapist during sessions within the next 6 months AEB progress notes.

Client will learn 2 anger management skills and discuss how her anger management skills are helping her respond in a safe manner when she is feeling agitated, frustrated or angry. She will discuss a plan to decrease her angry outbursts from 4 times to 2 times daily as evidenced by therapeutic progress notes and self-report during individual therapy sessions for the next 6 months.

Treatment Planning Objective Library

Client will learn and implement 2 relaxation skills to reduce her angry outbursts from 5 times a week to once a week. She will use a Likert scale and rate (1-10) how the relaxation skills are helping her decrease her anger issues as evidenced by therapeutic progress notes and self-report during individual therapy sessions once a week for the next 6 months.

Client will learn to identify the 5 basic emotions of happy, sad, mad, scared and worried and identify one life experiences for each emotion to help her identify an emotion that is connected to an event, as evidenced by therapeutic progress notes and guardian report in individual and family therapy sessions for the next four months.

Client and her guardian will identify 2 triggers associated with her mood fluctuations. Client and her guardian will discuss how her triggers affect her daily functioning, and she will identify a plan to decrease her mood swings (sadness and anxiety) from 5x to 2x weekly as evidenced by therapeutic progress notes and self-report during individual therapy sessions for the next six months.

Client will process 3 experiences of being bullied at school. She will use art as a means to express her feelings and thoughts She will demonstrate through the use of her art 3 ways to empower herself when she is feeling anxious and frustrated associated with being bullied as evidenced by therapeutic progress notes, self-report and artwork in therapy sessions for the next six months.

I will create with my therapist a list of 5 healthy things that help me to feel good about myself, peaceful, and encouraged. I will incorporate two items from this list into my day, three times per week, and will report an increase in pleasant mood and mood stability once per month during therapy sessions. My progress will be recorded in therapist progress notes, evidenced by a rating scale of 1-10 as well as client report and therapist observation



Treatment Planning Objective Library

I will talk about episodes between sessions where I felt agitated, angry, irritable, frustrated, and/or depressed; talk about what incident(s) may have contributed to those feelings; talk about how I tried to deal with those feelings, and/or how I can deal with those feelings and the incident(s). (Changed)

I will use a Mood Chart or Journal to record episodes of increased negative mood (depressed mood, irritability, anger, etc.) that I would rate 5 or higher on a scale of 1 to 10 with 10 being the worst. I will also record at least 1 trigger of these episodes; at least one coping technique I attempted; and the effect of the technique on my mood at least 1 hour afterwards using the same scale of 1 to 10. Continues

Treatment Planning Objective Library

Depression/ Trauma Pain/ Anxiety

I will "check-in" with myself once a week and rate how I feel I am doing on a scale from 1- 10 (10 being the highest) in the following areas: home life, school/work life, friendship/relationship health, physical health/sleep/eating habits, emotional health, spiritual health, and creative health. I will discuss my check-ins with the therapist over the next five months as evidenced by progress notes.

I will find and discuss the difference between 3 incidences of what I can control (i.e. my emotions or behavior) versus what I cannot control (i.e. the weather; other's behavior) 4 out of 7 days per week as evidenced by client report and therapist documentation.

I will learn to identify negative self-talk and beliefs and challenge and replace irrational beliefs with positive truths about myself, reporting an improved view and mood on 5 of 7 days a week, as evidenced by client self-report and therapy progress notes.

During monthly sessions, I will identify 4 irrational beliefs and negative self-statements that I have come to believe and I will replace these negative statements with positive, empowering self-statements. I will use these 5 out of 7 days per week as evidenced by self-report and therapist progress documentation.

I will learn and practice three ways to help me focus better or get back on task at school and at home over the next six months and rate how helpful they are on a scale from 1-5 as evidenced by two good report cards in a row, including a passing grade in citizenship. Progress will be documented in therapy notes

I will reduce overall frequency, intensity, and duration of the anxiety so that daily functioning is not impaired on a scale of 1-10 (1 being no problem, 10 being severe) as evidenced by progress notes and self-report.

I will share and process 2 current experiences with excessive anxiety and attempts to resolve them five out of seven days per week during regularly scheduled therapeutic sessions as evidenced by self-report and therapeutic progress documentation once per month.

Treatment Planning Objective Library

I will create a daily schedule with my guardian and therapist that I can follow for weekdays and weekends that will provide more structure and stability that involve only one hour of video games/tablet/smartphone/television/computer/technology per day and at least one hour of physical activity per day. My guardian will report an overall improvement in the household well-being on a scale from 1-10 (10 being the best) over the next six months as evidenced by progress notes.

Client and therapist will address 1 cause of anxiety and/or depression per session and come up with 1 strategy to reduce it. She will be asked to try the strategy between sessions and will report back to the therapist 1 time per month whether it worked to reduce her negative symptoms from a 10 to a 6 on a scale of 1-10 (10 being the most negative) over the 6 months of treatment. This will be recorded in the progress notes.

Client will identify 2 triggers associated with his bipolar symptoms of depression and rapid mood fluctuations. He will discuss how his triggers affect his daily functioning, and identify a plan to decrease his depression and rapid mood swings, from 2x daily to 1x weekly as evidenced by therapy progress notes, guardian report and self-report during individual and family therapy sessions for the next four months will review the Chart/Journal in counseling sessions as evidenced by progress notes.

Client will learn 2 coping skills to decrease his bipolar symptoms with mood fluctuations (rapid mood swings and irritability.) He will discuss what coping skills he practiced, and rate on a Likert scale (1-10) how his coping skills helped decrease his mood fluctuations, as evidenced by therapy progress notes and self-report during individual therapy sessions for the next six months.

Client will learn coping skills, including problem solving and emotional regulation. This will be measured by him demonstrating these skills during therapy sessions and at home. He, his guardians and therapist will evaluate progress on a Likert scale (1 no issue - 10 severe issue) and I will have a score of less than 5 on each evaluation for 2 consecutive weeks.

Treatment Planning Objective Library

Tammy will continue to exhibit ability to manage bipolar symptoms with medication support and use of learned tools that have been helpful in maintaining safety for self and others AEB self-report and continued evidence of managing safely in the community.

I will identify the top 5 stressors in my life that cause anger and irritability and will develop, with the help of my therapist, 3 healthy coping skills for each stressor. I will report a decrease in angry and irritable symptoms once per month through a rating scale from 1-10, recorded in therapist progress notes.

I will create with my therapist a list of 5 healthy things that help me to feel good about myself, peaceful, and encouraged. I will incorporate two items from this list into my day, three times per week, and will report an increase in pleasant mood and mood stability once per month during therapy sessions. My progress will be recorded in therapist progress notes, evidenced by a rating scale of 1-10 as well as client report and therapist observation.

Objective Client will identify 3 barriers to expressing his feelings and learn 3 ways to counteract these barriers as evidenced by his mother's report, observation during biweekly therapy sessions, and progress notes for 4 months

Client will discuss, complete worksheets and/or role play during session and/or for homework to show knowledge of age-appropriate conflict resolution and assertiveness. She will be rated on a scale from 1-10 (10 being excellent) and score at least an 8 for 3 consecutive weeks.

I will find three ways to challenge my thoughts or guilt about things that have happened in the past. I will rate the effectiveness of these methods on a scale from 1-5 and will report to the therapist over the next five months as evidenced by progress notes.

Treatment Planning Objective Library

I will engage in three activities to improve my mood and make me feel good about myself that do not involve television/computers/smartphones/tablets or technology. I will rate how helpful they are on a scale from 1-5 with the therapist within the next six months as evidenced by progress notes.

Client will learn 2 coping skills to reduce his symptoms of depression. He will discuss a plan to decrease his depressive symptoms from 2x daily to 1x weekly as evidenced by therapy progress notes and self-report during individual therapy for the next five months. Due Date: 03/24/2017

I will notice when I am using extreme (black-and-white) statements or ways of thinking and re-frame these thoughts into less extreme thoughts at least once a day for the next six months as evidenced by progress notes.

Walker will manage his anxiety as evidenced by his ability to recognize and plan for top five situations which make him feel anxious and reduce overall frequency, intensity, and duration of the anxiety so that daily functioning is not impaired on a scale of 1-10 (1 being no problem, 10 being severe) as evidenced by progress notes and self-report.

Walker will reduce overall frequency, intensity and duration of anxiety so that daily functioning is not impaired by learning two new ways of coping with routine stressors decreasing his anxiety symptoms from 2x daily to 1x weekly during sessions with therapist as evidenced by self-report and caregiver report. Progress will be documented in biweekly progress notes.

I will reduce overall frequency, intensity, and duration of the anxiety so that daily functioning is not impaired on a scale of 1-10 (1 being no problem, 10 being severe) as evidenced by progress notes and self-report.

Client will learn 3 healthy conflict/problem solving resolution skills in order to increase her healthy ways of solving conflict from 0 times per week to 6 times per week as evidenced by client/caregiver report and therapist progress documentation.

Treatment Planning Objective Library

I will engage in three activities to improve my mood and make me feel good about myself that do not involve television/computers/smartphones/tablets or technology. I will rate how helpful they are on a scale from 1-5 with the therapist within the next four months as evidenced by progress notes.

Client will learn and implement calming skills (progressive muscle relaxation, guided imagery, diaphragmatic breathing) once per month during weekly therapy sessions so that his symptoms of depression and anxiety (isolation, worry, and hopelessness) can be reduced from daily to once weekly. Progress to be documented in weekly therapist progress notes as evidenced by therapist, client, teacher, and caregiver report.

Client will learn and implement 2 relaxation skills to reduce his symptoms of depression from 3x a day to 1x time a week. He will use a Likert scale and rate (1-10) how the relaxation skills are helping him decrease his depressive symptoms, as evidenced by therapy progress notes and self-report during individual therapy sessions for the next four months.

I will "check-in" with myself once a week and rate how I feel I am doing on a scale from 1- 10 (10 being the highest) in the following areas: home life, school/work life, friendship/relationship health, physical health/sleep/eating habits, emotional health, spiritual health, and creative health. I will discuss my check-ins with the therapist over the next five months as evidenced by progress notes. Due Date: 03/06/2017

I will reduce overall frequency, intensity, and duration of the depression so that daily functioning is not impaired on a scale of 1-10 (1 being no problem, 10 being severe) as evidenced by progress notes and self-report.

I will identify, learn, and implement three different things (deep breathing, guided imagery, grounding techniques, positive self-talk..) that I can do to reduce anxiety and will use these tactics to help to calm myself in four of five incidents as evidenced by client/parent report and therapeutic progress notes report.

Treatment Planning Objective Library

I will talk about (or act out through play with toys) things or changes that make me feel sad, worried, or shaky inside. Mother will report a decrease in temper tantrums or emotional meltdowns over the next six (6) months as evidenced by progress notes

Client will develop the skill to be able to think things through by utilizing deep breathing counting to ten, and using red-light green light 3 to 5 times a week as evidenced by parent and self-reports.

I will process 3 traumatic experiences associated with my history of childhood sexual abuse. She will discuss the impact of the traumatic experiences and the impact on her daily functioning, as evidence by therapy progress notes and self-report during individual therapy sessions for the next five months.

To participate in CBT in order to identify, challenge, and replace biased, negative, and self-defeating thoughts resulting from trauma (increasing ability to implement thought replacement techniques to 7 out of 7 days per week over the next six months).

I will list, with the help of my therapist, 4 sad/depressing/angry thoughts and beliefs that are leading to sad/depressing/ and angry feelings. I will challenge each negative thought and belief by replacing them with thoughts and beliefs of truth and hope, which lead me to feel happy, safe, and hopeful. I will start having less sad feelings and more happy feelings, four out of seven days per week, reported by client and parents, and noted in therapy notes once per month.

Kayla will develop, role-play, and rehearse positive coping skills to improve managing everyday life situations and demonstrate the skills in simulated situations in weekly sessions for 4 months. This will be measured by Kayla improving her use of positive coping skills from 1 time per week to 5 times per week when managing everyday life situations as evidenced by client/caregiver report and therapist progress documentation.

Treatment Planning Objective Library

Client will increase her coping abilities by developing techniques that interrupt dysfunctional thinking and behaviors through relaxation techniques, thought stopping, and positive self talk in weekly sessions for 6 months as reported by therapist. This will be measured by client increasing her utilization of her techniques that interrupt dysfunctional thinking and behaviors from 2 times per week to 6 times per week as evidenced by client/caregiver report and therapist progress documentation.

Client will identify and process (add a number)negative consequences that she has experienced due to her unmanaged anger and write about how these things have negatively affected her life as evidenced by monthly discussions in therapy.

I will meet with therapist to acknowledge lack of anger control and to develop at least 3 healthy alternatives to aggressive reactions to stress as evidenced by progress notes and family/school report

I will identify the causes for hostility or aggression and discuss and develop a plan to reduce it from 6 times a week to 2 times a week as evidenced by progress notes.

I will identify the causes for stress in his living environment and discuss and develop a plan to reduce it from 6 times a week to 2 times a week as evidenced by progress notes.

I will learn to express feelings in a non-violent manner through at least 2 artistic expressions (i.e. art, music, etc) 3 out of 7 days of the week as evidenced by progress notes and school/family report.

I will talk to someone when sensing the onset of fearfulness, anger, confusion, and/or agitation 3 out of 5 times as evidenced by progress notes and self-report.

I will reduce anger outburst from 1x weekly to 2x monthly. A happy face sticker on calendar posted on the house refrigerator will mark the week with zero temper outbursts. Therapist will note reported progress as evidenced by progress notes for three (3) months or 6 months.

Treatment Planning Objective Library

Client will learn 2 coping skills to decrease his bipolar symptoms of depression, and mood fluctuations (rapid mood swings and irritability.) He will discuss what coping skills he practiced, and rate on a Likert scale (1-10) how his coping skills helped decrease his mood fluctuations, as evidenced by therapy progress notes, guardian report and self-report during individual and family therapy sessions for the next six months.

Client will use the things that she enjoys and loves to reduce her depressive symptoms. She will play sports, games, and actively participate in the girls mentoring program that she is enrolled in. Client will do this 1 to 5 times per week over the next 3 months. This will be evidenced by therapy discussion and progress notes

Client will learn to identify maladaptive, negative (bad) thoughts and how to replace them with more positive, adaptive thoughts. This will be measured by him demonstrating these skills during therapy sessions and bringing in homework assignments for two consecutive weeks that show he practiced them between sessions.

I will notice when I am using extreme (black-and-white) statements or ways of thinking and re-frame these thoughts into less extreme thoughts at least once a day for the next six months as evidenced by progress notes.

Client will learn 2 relaxation skills, and discuss how his relaxation skills are helping him respond in a safe manner when he is experiencing symptoms of depression, mood fluctuations and irritability. He will discuss what relaxation skills he used and how his skills helped decrease his mood fluctuations from 3 times a day to 1 time a week, as evidenced by therapy progress notes, guardian notes and self-report during individual and family therapy sessions for the next six months.

Client will learn 2 self-protective behaviors to increase his self-esteem and self-confidence and increase his problem solving skills to make safe proactive decision when he is feeling anxious. He will improve his feeling of self-esteem, and be able to make safe choices 5 of 7 days a week, as evidenced by therapeutic progress notes, guardian report and self-report during individual and family therapy sessions for the next six months.

Treatment Planning Objective Library

Client will identify 3 triggers for anxiety provoking situations and develop a relapse prevention plan and implement it such as staying away from certain people, places or situations that trigger fear and anxiety reducing the days of anxiety from 7 to 3 as evidenced in therapy progress notes.

Client will learn 3 triggers that she will identify that set off the depression developing a plan to work on the triggers reducing depression 4 out of 7 days per week and discuss them in therapy session over the next 6 months as evident by progress notes

I will reduce overall frequency, intensity, and duration of the depression so that daily functioning is not impaired on a scale of 1-10 (1 being no problem, 10 being severe) as evidenced by progress notes and self-report.

I will identify, with the assistance of my therapist, 4 negative thoughts and irrational beliefs that are leading to depressive feelings. I will dispute each negative thought and irrational belief by replacing each with statements of truth and encouragement, as well as rational beliefs that lead to hope and encouragement. I will report a decline in negative thoughts from ____ per day/week to ____ per day/week

I will make a list with my therapist of the top 4 "stinkin thinkin" thoughts that I think about myself. I will also make a list with my therapist of happy, positive, and hopeful thoughts about myself to replace the negative thoughts. I will add one positive thought and belief to my list every month, sharing why it is true. My progress will be documented in therapy notes once per month.

I will learn what a boundary is and develop a list, with the help of my therapist, of the top five areas of my life that lack boundaries. I will take one practical step toward making/keeping boundaries in these areas, reporting successes and challenges to my therapist, and will report an increase in personal and relational satisfaction on a scale from one to ten, once per month in therapy

Treatment Planning Objective Library

I will learn 3 relaxation techniques to implement to reduce anxiety and will discuss with therapist during sessions within the next 6 months as evidenced by progress notes and a decrease in panic attacks to less than 3 per month

Client will learn 2 coping skills to reduce his symptoms of depression. He will discuss a plan to decrease his depressive symptoms from 2x daily to 1x weekly as evidenced by therapy progress notes and self-report during individual therapy for the next five months.

Client will learn and implement 2 relaxation skills to reduce his symptoms of depression from 3x a day to 1x time a week. He will use a Likert scale and rate (1-10) how the relaxation skills are helping him decrease his depressive symptoms, as evidenced by therapy progress notes and self-report during individual therapy sessions for the next four months. Due Date: 02/24/2017

Client will list with my therapist the top 3 things that have caused me pain. We will come up with 5 ways to handle sad, angry, and confused feelings. My progress will be noted in therapist progress notes once per month, as evidenced by client and parent report as well as therapist observation.

Client will use a Mood Chart or Journal to record episodes of increased negative mood (depressed mood, irritability, anger, etc.) that I would rate 5 or higher on a scale of 1 to 10 with 10 being the worst. I will also record 1 trigger of these episodes; one coping technique I attempted; and the effect of the technique on my mood for 1 hour afterwards using the same scale of 1 to 10. I will review the Chart/Journal in counseling sessions documented in progress notes

Treatment Planning Objective Library

Client will create with therapist a list of 5 healthy things that help me to feel good about myself, peaceful, and encouraged. I will incorporate two items from this list into my day, three times per week, and will report an increase in pleasant mood and mood stability once per month during therapy sessions. My progress will be recorded in therapist progress notes, evidenced by a rating scale of 1-10 as well as client report and therapist observation

I will use an Anxiety Chart or Journal to record episodes of increased anxiety that I would rate 5 or higher on a scale of 1 to 10 with 10 being the worst. I will also record 1 trigger of these episodes; one coping technique I attempted; and the effect of the technique on reducing my anxiety for 1 hour afterwards, using the same scale of 1 to 10. I will review the Chart/Journal in each counseling session.

I will write (but not send) a blaming and forgiving letter to the perpetrators of the abuse relieving my trauma and anxiety level to a manageable level on a scale of 1-10 with level 10 being the highest level of anxiety from 7 to 2 days a week as evidenced by therapy progress notes.

I will identify each person on the list of perpetrators, I will name the specific action (words and/or behaviors) that he or she did that hurt or harmed me.

For each action identified, I will name the specific way I was hurt or harmed, including physically, mentally, emotionally, financially, relationally, spiritually, etc.

I will name two costs and benefits of holding on to the non-forgiveness of self or negative thoughts/beliefs, towards or about the person who hurt me, and two costs and benefits of releasing those thoughts/beliefs.

I will set two personal goals and come up with objectives (steps) to meeting my goals. Once a month, I will talk about challenges and accomplishments towards meeting my goals, and I will revise my goals and objectives as necessary.

Treatment Planning Objective Library

Client will learn 3 additional coping skills for depression and anxiety and practice these skills reducing depression and anxiety from 7 to 3 times a week as evidenced by therapy progress notes.

I will learn to implement methods of replacing depressive thoughts with more positive thoughts as evidenced by a decreasing monthly score on a depression inventory

I will say 5 new positive self-statements to counteract these increasing his sense of wellbeing from 2 to 6 times a week as evidenced by therapy progress notes.

Client will learn and utilize 3 additional coping skills for depression and anxiety. Client will report an increase in symptom free days from 1 to 4 days per week. Skills will be reviewed in session and effectiveness will be discussed.

Client will track his symptoms of depression and anxiety through a symptom checklist one time per month.

I will learn and demonstrate knowledge of anxiety, the cycle of anxiety, anxiety triggers, and anxiety treatment 3 out of 4 sessions per month as evidenced by self-report and therapist documentation.

Client will identify negative self-talk and self-blame, develop and utilize 5 new positive Self-statements he can use to counteract these. Client will report a reduction in self-blame and negative Self-talk discussion from 5 to 2 times per week. Statements will be reviewed in session and effectiveness discussed in therapy evidenced by therapy progress notes.

Client will express his anger, sadness, or frustration in a positive manner without outbursts. He will learn and use 5 positive strategies for expressing emotions. Negative expression of emotion will be reduced from 5 times per week to 2 times per week.

Treatment Planning Objective Library

Client will identify 5 ways he can be a good friend. He will use these when interacting with classmates and discuss the use of these in session. Progress will be determined by an increase of positive school days from 2 to 4 per week.

Client will identify the cause of her depression symptoms by journaling and utilizing a CBT thought log to improve her mood 3 out of 4 weeks a month. This will be evidenced by client report and therapeutic treatment notes.

Client will process the loss of her father as she is able to. This will include writing a letter to him, planning the memorial service she feels he should have had, speaking about him in session, etc. This will lead to a decrease in sadness from daily to once a week. This will be evidenced through therapeutic treatment notes.

Client will identify the cause of her anxiety symptoms by journaling and utilizing a CBT thought log. This will be evidenced by client report of decreased anxiety 3 out of 4 weeks of the month and therapeutic treatment notes.

I will identify 3 triggers for anxiety/depression provoking situations and develop a relapse prevention plan and implement it such as staying away from certain people, places or situations that trigger fear and anxiety reducing the days of anxiety from 7 to 3 as evidenced in therapy progress notes.

Client will identify 2 triggers associated with his symptoms of anxiety. He will discuss how his triggers affect his daily functioning, and identify a plan to help decrease his symptoms of anxiety from 4x to 1x daily as evidenced by therapy progress notes and self-report during individual therapy sessions for the next six months.

Client will utilize Thought Challenging and Thought Stopping techniques throughout the week. These will be learned in session after she is able to identify sources of anxiety

Treatment Planning Objective Library

I will learn and implement 3 healthy ways to speak and listen to others. I will practice these skills with my therapist in session and will also use these skills outside of therapy, resulting in improved expression of my feelings as well as understanding of others' feelings, 3 out of 7 days per week. My progress will be recorded in therapy notes once per month, evidenced by client

Client will identify 2 triggers associated with his symptoms of depression. He will discuss how his triggers effect his daily functioning, and identify a plan to help decrease his symptoms of depression from 4x to 1x daily as evidenced by therapeutic progress notes, self-report and guardian report during individual and family therapy sessions for the next four months.

Client will learn and implement 2 coping skills to reduce his symptoms of depression. He will use a scale (1-10) to rate if his coping skills are helping him reduce his level of depression as evidenced by therapeutic progress notes, self-report and guardian report during individual and family therapy sessions for the next six months.

Client will process 3 experiences of being bullied at school. He will use art as a means to express his feelings and thoughts He will demonstrate through the use of his art 3 ways to empower himself when he is feeling anxious and frustrated with being bullied as evidenced by therapeutic progress notes, self-report and artwork during individual therapy sessions for the next six months.

Client will identify 2 triggers that cause him to be taken off task. He will discuss how to decrease his triggers that affect his daily functioning from 5 times to 2 times a week as evidenced by therapeutic progress reports, self-report and guardian report during individual therapy sessions for the next four months.

Client will learn 2 coping skills to increase his attention span at home 4 out of 7 days a week. He will use a Likert Scale and rate his progress from 1-10, as evidenced by therapeutic progress notes, self-report and guardian report during individual and family therapy sessions for the next six months

Treatment Planning Objective Library

Client will learn 2 coping skills to reduce his impulsive behaviors, and practice the coping skills 4 out of 7 days a week at home. Client will discuss what coping skills he practiced, and rate on a Likert Scale from 1 - 10 how the coping skills helped him, as evidenced by therapeutic progress notes and self-report during family and individual therapy sessions for the next six months.

Client will reduce temper outbursts from x1 weekly to x2 monthly over the next five (5) months. He will earn more game time or a chance to watch a movie, etc. to mark the week with zero (0) temper outbursts AEB progress notes

I will learn three healthy ways to cope with anxiety and will discuss with therapist in sessions over the next 6 months as evidence by progress notes

I will identify three ways past trauma impact my ability to form relationships with others and I will report successful interventions to therapist in individual sessions within the next four months as evidenced by progress note

Client and his guardian will use the Likert scale 1-10 to rate the severity and frequency of client losing his temper and how he handles his anger outburst and will discuss every 2 weeks during session for 6 months.

Client will learn 2 coping skills to decrease her bipolar symptoms of depression and mood fluctuations. She will discuss what coping skills she practiced, and rate on a Likert scale (1-10) how her coping skills helped decrease her depressive symptoms and mood fluctuations (rapid mood swings, irritability and frustration) as evidenced by therapeutic progress notes and self-report during individual therapy sessions for the next six months.

Client will identify 5 triggers of her anger and learn 4 de-escalation skills to decrease anger episodes from daily to weekly and increase mood stabilization to biweekly.

Treatment Planning Objective Library

Client will process 5 feelings of abuse and trauma in 3 sessions in 6 months to decrease flashbacks from daily to weekly

Client will learn and implement 3 appropriate coping skills and non-family social support systems to assist with managing stress, reporting an increase of positive communication in at least 3 out of 5 days per week as evidenced by client self-report and therapist documentation. Due Date: 06/20/2017

Client will learn 3 pro-social skills and will practice the skills while interacting with peers on 3 separate occasions per week, and will rate on a scale of 1 to 10, with 10 being the most effective, as to how the skills are helping her to feel confident in her ability to make and maintain friendships. She will discuss her progress with therapist once every 3 weeks in individual sessions for the next 6 months as evidenced by her progress notes.

During 1 out of 2 sessions per month, I will identify 3 benefits of establishing healthy boundaries (i.e. being able to say "no" to others; developing friendships; expressing my needs). I will practice establishing and maintaining healthy boundaries 5 out of 7 days as evidenced by client report and therapist documentation.

Client and his guardian will learn and implement 2 relaxation skills. They and their guardian will use a Likert scale and rate from 1-10 how the relaxation skills are helping him learn to manage his anger, as evidenced in therapy progress notes, self-report and guardian report during individual and family therapy sessions for the next 6 months.

I will make a list of my top 6 goals of self-sufficiency with my therapist. We will develop 3 concrete steps to take for each goal. I will pursue one goal per month, reporting successes and challenges with my therapist during sessions. Progress will be noted in therapist progress notes, evidenced by client report as well as self-sufficiency goal completion.

Treatment Planning Objective Library

I will create with my therapist a list of 5 healthy things that help me to feel good about myself, peaceful, and encouraged. I will incorporate two items from this list into my day, three times per week, and will report an increase in pleasant mood and mood stability once per month during therapy sessions. My progress will be recorded in therapist progress notes, evidenced by a rating scale of 1-10 as well as client report and therapist observation

I will learn how to identify triggers related to a traumatic event and develop three (3) coping strategies to help reduce symptoms of depression within the next four (4) months as evidenced by progress notes.

I will discuss and identify three (3) ways sexual abuse is affecting my behaviors within the next two (2) months as evidenced by progress notes.

I will implement acquired coping skills to decrease depressive symptoms when needed. She will rate her depression at less than a 3 on a scale of 1-5 (1=no depression) each week for 4 consecutive weeks.

During monthly sessions, I will identify 4 irrational beliefs and negative self-statements that I have come to believe and I will replace these negative statements with positive, empowering self-statements. I will use these 5 out of 7 days per week as evidenced by self-report and therapist progress documentation.

I will identify, challenge, and replace biased, fearful self-talk with positive, realistic, and empowering self-talk 5 out of 7 days per week. I will process the outcomes during regularly scheduled weekly therapy sessions as evidenced by self-report and therapist progress documentation

Michael will discuss his attitude with the therapist and process 4 reasons he displays a negative attitude. Michael will process with the therapist why a positive attitude is important and the consequences of a negative one. He will develop 2 ways to improve his attitude, utilizing one weekly to improve his attitude from "negative" to "improved" to "positive" as evidenced by self-report, the report of his mother and progress notes.

Treatment Planning Objective Library

Client will identify 2 triggers associated with her symptoms of depression. She will discuss how her triggers affect her daily functioning, and she will identify a plan to decrease her depressive symptoms from 5 times to 3 times daily as evidenced by therapy progress notes and self-report during individual therapy sessions for the next six months

Client will learn to identify 2 maladaptive thoughts and how to place them with 2 positive thoughts and adaptive thoughts. To be measured by demonstration of skills in therapy sessions, self-report and report from mother and documented in therapy progress notes

I will learn 3 alternate ways of coping with stress in lieu of self-harm over the next 6 months as evidenced by progress note

With the help of my therapist, I will list the "shame, regret, and fears" that I have which result from my past. I will list statements of "truth, forgiveness, and hope" in place of the negative statements once per month in therapy, adding one more statement of truth every month

Client will process 3 to 5 traumatic experiences associated with her history of sexual and physical abuse and discuss the impact of the trauma she experienced on her daily functioning once a week in therapy sessions, as evidence by therapeutic progress noted and self-report for the next six months.

Client will learn and implement 2 coping skills to reduce her symptoms of anxiety. She will use a Likert Scale (1-10) to rate if her coping skills are helping her reduce her anxiety as evidenced by therapeutic progress notes and self-report during individual therapy sessions for the next six months.

Client will learn and implement 3 appropriate coping skills and non-family social support systems to assist with managing stress, reporting an increase of positive communication in 3 out of 5 days per week as evidenced by client self-report and therapist documentation

Treatment Planning Objective Library

PTSD

I will learn to identify negative self-talk and beliefs and challenge and replace irrational beliefs with positive truths about myself, reporting an improved view and mood on 5 of 7 days a week, as evidenced by client self-report and therapy progress notes.

I will create with my therapist a list of 5 healthy things that help me to feel good about myself, peaceful, and encouraged. I will incorporate two items from this list into my day, it will create with my therapist a list of 5 healthy things that help me to feel good about myself, peaceful, and encouraged. I will incorporate two items from this list into my day, three times per week, and will report an increase in pleasant mood and mood stability once per month during therapy sessions. My progress will be recorded in therapist progress notes, evidenced by a rating scale of 1-10 as well as client report and therapist observation.

I will identify, learn, and implement three different things (deep breathing, guided imagery, grounding techniques, positive self-talk..) that I can do to improve mood and reduce depression and will use these tactics to reduce overall moodiness in four of five incidents. Progress will be documented in progress notes and evidenced by client self-report once per month.

During monthly sessions, I will identify 4 irrational beliefs and negative self-statements that I have come to believe and I will replace these negative statements with positive, empowering self-statements. I will use these 5 out of 7 days per week as evidenced by self-report and therapist progress documentation.

Client will, with the help of a therapist, create a biographical timeline to identify and discuss the impact (mentally, physically, emotionally, and spiritually) of past trauma(s) as evidenced by client self-report and therapy progress notes

Treatment Planning Objective Library

I picked up end rolls of newspapers in town or long rolls of paper at craft stores and cut large sheets off. Therapist just needs to ask what where how long, what happened after this. The gaps may be unintentional or fear but the client finally sees the pattern of choices in their life. I hope this helps as it works well with clients of all ages.

I will identify 4 areas of my present life that are affected by my childhood/teen experiences and will write and describe in detail the present day challenges in that area. I will rate each 1-4 (4 being the most affected area). I will share my work in session over the next 3 months as evidenced by therapy notes.

In a therapy session, I will write a brief story describing an emotionally charged family event. I will identify five or more intense feelings I associate with this event and rate each feeling on a scale of 0-10 (10 most intense). I will read and share with my therapist as evidenced by therapy notes over the next 4 months.

Summer will process 3 traumatic experiences associated with her history of sexual abuse, and being a victim of domestic violence. She will discuss the impact of the multiple traumas she had experienced and the impact on her daily functioning, as evidence by therapy progress notes and self-report during individual therapy sessions for the next five months

I will notice when I am using extreme (black-and-white) statements or ways of thinking and re-frame these thoughts into less extreme thoughts at least once a day for the next six months as evidenced by progress notes.

Client will process 3 traumatic experiences associated with her PTSD history (domestic violence) of physical and emotional abuse, and discuss the impact of the trauma she experienced on her daily functioning once a week in therapy sessions, as evidence by therapy progress notes and self-report for the next six months.

Treatment Planning Objective Library

With the help of my therapist, I will list the "shame, regret, and fears" that I have which result from my past. I will list statements of "truth, forgiveness, and hope" in place of the negative statements once per month in therapy, adding one more statement of truth every month

I will make a list with my therapist of the top 4 "stinkin thinkin" thoughts that I think about myself. I will also make a list with my therapist of happy, positive, and hopeful thoughts about myself to replace the negative thoughts. I will add one positive thought and belief to my list every month, sharing why it is true. My progress will be documented in therapy notes once per month.

I will "check-in" with myself once a week and rate how I feel I am doing on a scale from 1- 10 (10 being the highest) in the following areas: home life, school/work life, friendship/relationship health, physical health/sleep/eating habits, emotional health, spiritual health, and creative health. I will discuss my check-ins with the therapist over the next five months as evidenced by progress notes. Due Date: 03/06/2017

Client will learn 2 self-protective behaviors to increase his knowledge base of safe boundaries, increase his self-esteem and increase his problem-solving skills to make safe proactive decisions when he is having flashbacks and nightmares of the sexual abuse, as evidenced by therapeutic progress notes, self-report and guardian report during individual and family therapy sessions for the next six months.

I will practice noticing when I am saying negative statements about myself (either out loud or in my head) and correct the negative statements by coming up with more honest/realistic or positive statements. I will report a decrease in negative sentences used over the next six months as evidenced by progress notes.

Client will learn to identify maladaptive, negative (bad) thoughts and how to replace them with more positive, adaptive thoughts. This will be measured by him demonstrating these skills during therapy sessions and bringing in homework assignments for two consecutive weeks that show he practiced them between sessions.

Treatment Planning Objective Library

I will notice when I am using extreme (black-and-white) statements or ways of thinking and re-frame these thoughts into less extreme thoughts at least once a day for the next six months as evidenced by progress notes.

Client will process 3 to 5 traumatic experiences associated with his history of sexual abuse, and discuss the impact on his daily functioning, as evidenced by therapy progress notes, guardian report and self-report during individual and family therapy sessions for the next six months.

I will learn what a boundary is and develop a list, with the help of my therapist, of the top five areas of my life that lack boundaries. I will take one practical step toward making/keeping boundaries in these areas, reporting successes and challenges to my therapist, and will report an increase in personal and relational satisfaction on a scale from one to ten, once per month in therapy

Client will process traumatic experiences associated with her PTSD diagnosis. In session she will discuss the impact the trauma has on her daily functioning and will, with her therapist, find 5 ways to encourage and bring her hope. She will implement these techniques as needed and this will be evidenced by client report of reduced impact from 7 days per week to two. This will be recorded through therapeutic treatment notes.

Client will identify triggers for trauma related symptoms, exploring his experiences with them, and their meaning with therapist, during weekly sessions, and assessing effectiveness of coping skills during the next 3 months, as evidenced by therapist documentation of sessions.

Client will describe the history and circumstances of her PTSD symptoms of anxiety. She will discuss the frequency, duration and intensity of the of her symptoms and the impact on her daily functioning as evidenced by therapy progress notes and self-report during individual therapy sessions for the next six months.

Treatment Planning Objective Library

Client will identify 2 triggers associated with her PTSD symptoms of anxiety. She will discuss how her triggers affect her daily functioning, and she will identify a plan to decrease her symptoms of anxiety from 5 times to 2 times a day as evidenced by therapy progress notes and self-report during individual therapy sessions for the next four months.

Client will identify 2 triggers associated with her symptoms of depression. She will discuss how her triggers affect her daily functioning, and they will identify a plan to decrease her depressive symptoms from 2 times a day to 1 time a week as evidenced by therapy progress notes, guardian report and self-report during individual and family therapy sessions for the next six months.

Client will learn and implement 2 coping skills to reduce her anxiety from 5 times a week to 5 of 7 days a week as evidenced by therapy progress notes and self-report during individual therapy sessions for the next six months.

She will use a Likert scale and rate (1-10) how her coping skills are helping her decrease her anxiety as evidenced by therapeutic progress notes and self-report during individual therapy sessions once a week for the next 6 months.

Client will learn 2 self-protective behaviors to increase her self-esteem and self-confidence and increase her problem solving skills to make safe proactive decisions when she is feeling anxious improving her feeling of self-esteem

Client will process 3 traumatic experiences associated with her PTSD history of childhood sexual abuse, and with being a victim of domestic violence, and discuss the impact of the trauma she experienced on her daily functioning once a week in therapy sessions, as evidence by therapy progress notes and self-report for the next six months.

Treatment Planning Objective Library

I will identify 3 triggers for traumatic symptoms developing a coping strategy for each reducing my stressful frustrating days from 7 days a week to 2 days over a 6 month period and discuss in therapy monthly as evidenced by progress notes and self-report.

Client will identify 2 past and 2 current events that trigger guilt and determine who is responsible for the events and recognize her role in these events to increase awareness from none to some and decrease feelings of guilt from daily to weekly.

Client will learn 2 ways to identify events that are out of her control and 2 events within her control and 3 ways she can cope with these events to increase feelings of control from none to some and decrease guilt from some to none 3 x per month.

I will learn what a boundary is and develop a list, with the help of my therapist, of the top five areas of my life that lack boundaries. I will take one practical step toward making/keeping boundaries in these areas, reporting successes and challenges to my therapist, and will report an increase in personal and relational satisfaction on a scale from one to ten, once per month in therapy.

Client will identify triggers of panic attacks and anxiety and learn 2 tools, including relaxation and imagery, to prevent increase in symptoms when unavoidable triggers are present within the next four months AEB self-report and notes

Client will implement learned tools until less than one panic attack and anxiety symptoms do not interfere with daily routines for a period of 3 consecutive months AEB self-report and notes.

Treatment Planning Objective Library

I will create with my therapist a list of 5 healthy things that help me to feel good about myself, peaceful, and encouraged. I will incorporate two items from this list into my day, three times per week, and will report an increase in pleasant mood and mood stability once per month during therapy sessions. My progress will be recorded in therapist progress notes, evidenced by a rating scale of 1-10 as well as client report and therapist observation

Client will learn 2 self-protective behaviors to increase her self-esteem and self-confidence and increase her problem-solving skills to make safe proactive decisions when she is having PTSD symptoms and feeling anxious once a week in therapy sessions for six months.

I will learn and demonstrate knowledge of anxiety, the cycle of anxiety, anxiety triggers, and anxiety treatment 3 out of 4 sessions per month as evidenced by self-report and therapist documentation.

Client will learn 2 coping skills to help reduce her PTSD symptoms of anxiety. She will identify a plan to help decrease her symptoms of anxiety from 4x to 1x daily as evidenced by therapy progress notes and self-report during individual therapy sessions for the next six months.

I will develop the ability to discuss a minimum of 3 past traumatic events in therapy as evidenced by progress notes and self-report.

I will learn 3 methods to assist with desensitizing reactions to triggers as evidenced by progress notes and self-report.

I will identify 3 triggers for traumatic symptoms developing a coping strategy for each reducing my stressful frustrating days from 7 days a week to 2 days over a 6 month period and discuss in therapy monthly as evidenced by progress notes and self-report.

Treatment Planning Objective Library

SELF-HARM SUICIDE

I will learn to identify negative self-talk and beliefs and challenge and replace irrational beliefs with positive truths about myself, reporting an improved view and mood on 5 of 7 days a week, as evidenced by client self-report and therapy progress notes.

During monthly sessions, I will identify 4 irrational beliefs and negative self-statements that I have come to believe and I will replace these negative statements with positive, empowering self-statements. I will use these 5 out of 7 days per week as evidenced by self-report and therapist progress documentation.

I will learn five coping measures and alternative behaviors that will replace self-harming behaviors. Utilizing these safe and healthy behaviors, I will experience a reduction and self-harm, experiencing a reduction in all self-harm behaviors four out of seven days per week for the first three months of therapy. I will continue to reduce behaviors, resulting in a complete cessation of self-harming behaviors by the end of therapy within six months from start of treatment, as evidenced by client and parent report, as well as therapist observation.

Client will develop a safety plan for crisis situations/interventions with the therapist. She will have zero incidents of self-harm suicidal ideation. The safety plan will be reviewed once a week for the first month and every two weeks for the next four months as evidenced by therapeutic progress notes, self-report and guardian report during individual and family therapy sessions.

My parents and I will create a behavioral safety contract at my first therapy session which addresses potential harm to self and others

Treatment Planning Objective Library

Client will develop a safety plan for crisis situations/interventions with the therapist. He will have zero incidents of self-harm ideation. The safety plan will be reviewed once a week for the first month and every two weeks for the next four months as evidenced by therapy progress notes and self-report during individual and family therapy sessions.

Client will describe the history and circumstances of his self-harm ideation. He will discuss the frequency, duration and intensity of his self-harm ideation and negative thought process, and the impact on his daily functioning ,as evidenced by therapy progress notes, self-report and guardian report during individual and family therapy sessions once a week for the next three months.

Client will learn 2 coping skills to eliminate his self-harm ideation. Client and his guardian will discuss what coping skills he practiced, and rate on a Likert scale (1-10) how his coping skills helped him eliminate his self-harm ideation as evidenced by therapy progress notes, guardian report and self-report during individual and family therapy sessions for the next six months.

I will learn 5 coping measures/alternative behaviors that will replace self-harming behaviors. Utilizing these safe and healthy behaviors, I will experience a reduction in self-harm, experiencing a reduction in all self-harming behaviors at least 4 out of 7 days per week for the first three months of therapy. I will continue to reduce self-harm behaviors, resulting in a complete cessation of self-harming behaviors by the end of therapy within 6 months from the start of treatment, as evidenced by client and parent report, as well as therapist observation.

Client will develop a safety plan for crisis situations/interventions with the therapist. She will have zero incidents of self-harm or suicidal ideation. The safety plan will be reviewed once a week for the first month and every two weeks for the next four months as evidenced by therapeutic progress notes and self-report during individual therapy sessions.

Treatment Planning Objective Library

Client will utilize Thought Challenging, Thought Stopping, grounding, and other CBT/DBT techniques throughout the week. Client will be able to effectively manage her anxiety 5 out of 7 days of the week. This will be evidenced through client report and therapeutic treatment notes.

Client will practice deep breathing, Guided Imagery, progressive muscle, or other relaxation technique 3x per week. As she is able to master these techniques she will be able to use them when she feels anxious. This will be evidenced through client report and therapeutic treatment note

Client will process the loss of friend and family members as she is able to. This may include writing a letter to them, planning a memorial service she feels they would/should have had, speaking about them in session, etc. This will lead to a decrease in sadness from daily to once a week. This will be evidenced through therapeutic treatment notes

Client will learn about using "I" Statements in session, and will practice them in 5 separate discussions over the course of two months as evidenced by client report and therapeutic treatment notes.

Client will practice deep breathing, Guided Imagery relaxation technique Progressive Muscle Relaxation, or other calming technique daily. As she is able to master the ability to calm her body, she will be able to this when she feels anxious. This will be evidenced by client report of calming her body 3 times weekly and will be documented through therapeutic treatment notes.

Client will learn and implement 2 relaxation skills to reduce her symptoms of anxiety from 3x a day to 1x time a week. Client and her guardian will use a Likert scale and rate (1-10) how the relaxation skills are helping her decrease her anxiety, as evidenced by therapy progress notes, guardian report and self-report during individual and family therapy sessions for the next five months.

Treatment Planning Objective Library

In session client will create a list of 5 healthy things that help her feel good about herself, peaceful, and encouraged. She will incorporate 2 items from this list into her day, two times per week, and will report an increase in pleasant mood and mood stability once per month during therapy sessions. Her progress will be recorded in therapist progress notes, evidenced by a rating scale of 1-10 as well as client report and therapist observation.

Client will identify the cause of her anxiety symptoms by verbally processing or journaling, and discuss them in session. We will practice using thought challenging techniques in session, and Haley will practice them outside of session as needed. This will be evidenced by client report of decreased anxiety 3 out of 4 weeks of the month, and therapist observation. This will be documented through therapeutic treatment notes.

Client will create and sign a safety contract in session as often as needed. This plan will record who Haley will contact when she has suicidal ideations, and what activities she will participate in to help her combat feelings of suicide. This will be evidenced by the signed safety plan contract and Haley reporting that she following the safety plan contract as often as necessary.

I will refrain from all injurious behaviors to self and others developing a safety plan in addition to creating 4 coping mechanisms replacing negative thought patterns leading to self-harm and others for 6 months as evidenced by client self-report and therapist progress documentation.

Client will describe the history and circumstances of her self-injurious behaviors. She will discuss the frequency, duration and intensity of the desire to cause self-injurious behaviors and the impact on her daily functioning as evidenced by therapy progress notes and self-report during individual therapy sessions once a week for the next six months.

Treatment Planning Objective Library

I will create a list, with the help of my therapist, choices that have resulted in harm to me and/or others. I will determine six alternative choices that I can make from this point forward to both resolve the past and work toward healthy habits and relationships for the future. I will take steps towards at least 2 healthy choices per month, my progress documented in progress notes and evidence by client report.

Client will refrain from all acts of violence against herself and others and will identify 3 individuals or organizations that will assist her (including 911) if she feels suicidal or homicidal ideations and will become effective immediately through March 6, 2018 and will be revised every 6 months until the no-harm contract is no longer needed.

Client will discuss any history of suicide attempts or current urges and develop a safety plan that will outline strategies and resources for de-escalating her mental health crisis. To be discussed in therapy and documented in progress notes.

Client will complete journal entries 4 out of 7 days a week detailing thoughts of self and issues impacting her mood at the time AEB self-report and therapy progress notes. She will discuss the frequency, duration and intensity of the desire to cause self-injurious behaviors and the impact on her daily functioning as evidenced by therapy progress notes and self-report during individual therapy sessions once a week for the next six months.

**Caregiver and Client agree to call 911 or go to the nearest emergency room if she feels her anger and anxiety may be a cause for her to harm herself or another person.

Client will develop a safety plan for crisis situations/interventions with the therapist. She will have zero incidents of self-harm suicide ideation/ behaviors. The safety plan will be reviewed once a week for the first month and every two weeks for the next four months as evidenced by therapy progress note and self-report during individual therapy sessions.

Treatment Planning Objective Library

I will learn 5 coping measures/alternative behaviors that will replace self-harming behaviors. Utilizing these safe and healthy behaviors, I will experience a reduction in self-harm, experiencing a reduction in all self-harming behaviors 4 out of 7 days per week for the first three months of therapy. I will continue to reduce self-harm behaviors, resulting in a complete cessation of self-harming behaviors by the end of therapy within 6 months from the start of treatment, as evidenced by client and parent report, as well as therapist observation.

Client will learn 2 coping skills to eliminate her self-harm behaviors/ideation. She will discuss what coping skills she practiced and rate on a Likert scale (1-10) how her coping skills helped her decrease/eliminate the self-harm behaviors/ideation as evidenced by therapy progress notes and self-report during individual therapy sessions for the next six months.

Client will learn 2 self-protective behaviors to increase her self-esteem and self-confidence and increase her problem solving skills to make safe proactive decisions when she is having self-harm ideation to cut on herself, improving her feeling of self-esteem 5 of 7 days a week as evidenced by therapeutic progress notes and self-report during individual therapy sessions for the next.

Client will learn and implement 2 social skills to reduce his symptoms of social phobia and anxiety from daily to 1x time a week. He will use a Likert scale and rate (1-10) how the social skills are helping him decrease his social phobia and anxiety, as evidenced by therapy progress notes and self-report during individual therapy sessions for the next six months.

Client will describe the history and circumstances of her self-injurious behaviors. She will discuss the frequency, duration and intensity of the desire to cause self-injurious behaviors and the impact on her daily functioning as evidenced by therapy progress notes and self-report during individual therapy sessions once a week for the next six months.



Treatment Planning Objective Library

Client will refrain from all injurious behaviors to self and others developing a safety plan in addition to creating 4 coping mechanisms replacing negative thought patterns leading to self-harm and others for 6 months as evidenced by self-report and therapist progress documentation

Client agrees to call 911, a crisis line, another behavioral professional or to go to the Emergency Room if she feels that she does not want to live or that she may harm herself or another person. If not already completed a safety plan will be developed outlining said agreement.

Treatment Planning Objective Library

RELATIONSHIPS AND DOMESTIC VIOLENCE

I will create a list, with the help of my therapist, choices that have resulted in harm to me and/or others. I will determine six alternative choices that I can make from this point forward to both resolve the past and work toward healthy habits and relationships for the future. I will take steps towards at least 2 healthy choices per month, my progress documented in progress notes and evidence by client report.

Client will learn about personal boundaries and keep a daily journal for one week of violations to his personal boundaries associated with anger devising coping strategies reducing amount of violations to personal boundaries from 6 to 2 times a week.

I will "check-in" with myself once a week and rate how I feel I am doing on a scale from 1- 10 (10 being the highest) in the following areas: home life, school/work life, friendship/relationship health, physical health/sleep/eating habits, emotional health, spiritual health, and creative health. I will discuss my check-ins with the therapist over the next five months as evidenced by progress notes.

Client will engage in pro-social behaviors building healthy relationships using of self-control techniques 2 times per week at home or at school as evidenced by self-reports, school staff reports, and parent reports during therapy sessions for the next four months. Client will discuss in therapy sessions progress of how he has behaved and documented in notes

I will process 3 traumatic experiences associated with my history in childhood domestic violence in the home. She will discuss the impact of the traumatic experiences and the impact on her daily functioning, as evidence by therapy progress notes and self-report during individual therapy sessions for the next five months.

Treatment Planning Objective Library

Client will learn 2 self-protective behaviors to increase his self-esteem, self-confidence, increase his problem solving skills to make safe proactive decision in building relationships. He will improve his feeling of self-esteem, and be able to make safe and healthy choices 5 of 7 days a week, as evidenced by therapeutic progress notes during individual sessions for the next six months.

I will learn what a boundary is and develop a list, with the help of my therapist, of the top five areas of my life that lack boundaries. I will take one practical step toward making/keeping boundaries in these areas, reporting successes and challenges to my therapist, and will report an increase in personal and relational satisfaction on a scale from one to ten, once per month in therapy

Client will identify 5 ways he can be a good friend. He will use these when interacting with new friendships and discuss the use of these in session. Progress will be determined by an increase of positive days from 2 to 4 per week as evidenced by progress notes.

I will learn and implement 3 healthy ways to speak and listen to others. I will practice these skills with my therapist in session and will also use these skills outside of therapy, resulting in improved expression of my feelings as well as understanding of others' feelings, 3 out of 7 days per week. My progress will be recorded in therapy notes once per month, evidenced by client

I will identify three ways the past trauma of viewing domestic violence in my childhood impacts my ability to form relationships with others and I will report successful interventions to therapist in individual sessions within the next four months as evidenced by progress note

Treatment Planning Objective Library

Client will learn 3 pro-social skills and will practice the skills while interacting with peers on 3 separate occasions per week, and will rate on a scale of 1 to 10, with 10 being the most effective, as to how the skills are helping her to feel confident in her ability to make and maintain friendships. She will discuss her progress with therapist once every 3 weeks in individual sessions for the next 6 months as evidenced by her progress notes.

Client will identify 2 triggers associated with her PTSD symptoms of anxiety. She will discuss how her triggers affect her daily functioning, and she will identify a plan to decrease her symptoms of anxiety from 2 times a day to 1 time a week as evidenced by therapy progress notes, guardian report and self-report during individual and family therapy sessions for the next three months.

Client will process 3 to 5 traumatic experiences associated with her history of physical and sexual abuse, and discuss the impact on his daily functioning, as evidenced by therapy progress notes, guardian report and self-report during individual and family therapy sessions for the next six months.

I will create a list, with the help of my therapist, of past poor choices that I have made which resulted in harm to me and/or others. I will determine and list 6 alternative choices that I can make from this point forward to both resolve the past and work toward healthy habits and relationships for the future. I will take steps toward at least 2 healthy choices per month, my progress being noted in progress notes and evidenced by client report.

During 1 out of 2 sessions per month, I will identify 3 benefits of establishing healthy boundaries (i.e. being able to say "no" to others; developing friendships; expressing my needs). I will practice establishing and maintaining healthy boundaries 5 out of 7 days as evidenced by client report and therapist documentation.



Treatment Planning Objective Library

FAMILY THERAPY

Mother will implement more effective parenting strategies by participating in family sessions that will explore more effective ways of communicating and disciplining to reduce client's disrespectful behaviors at home and school from 4 times a week to 1 time a week, as provided by mother's reports and evidenced by weekly therapy progress notes.

Mother will implement more effective parenting strategies by creating a behavior modification plan that reinforces positive behaviors and reduces inappropriate behaviors, creating a reward system for positive behaviors demonstrated on a daily basis, and by involving Client in more mentoring and extracurricular activities, thereby reducing his disrespectful behaviors at home and school from 5 times a week to 2 times a week, as provided by mother reports, and evidenced by weekly therapy progress notes.

Client will participate in a minimum of 4 family therapy sessions focused on her taking accountability for her actions/choices relating needs to her guardian and the family as evidence by family reports and therapy observations improving her choices in a positive manner in family dynamics form 0 times a week to 6 times a week. This will be monitored by client and family reports and therapist documentation.

Client and parent(s) will participate in a minimum of 4 family therapy sessions focused on her taking responsibility and accountability for her actions or choices, identifying her needs with her therapist and her parent(s) discussing implementation of parenting skills. This will be evidenced by family reports and therapist observations of client improving her choices or behavior in a positive manner in family dynamics form 0 times per week to 3 times per week as noted in therapist documentation.

Treatment Planning Objective Library

Mother will implement more effective parenting strategies by creating a behavior modification plan that reinforces positive behaviors and reduces inappropriate behaviors, creating a reward system for positive behaviors demonstrated on a daily basis, incorporating medication management, in addition to the behavior modification plan, and by involving Anthony in more mentoring and extracurricular activities, thereby reducing his disrespectful behaviors at home and school from 5 times a week to 1 time a week, as provided by mother reports and evidenced by weekly therapy progress notes.

Client will participate in family therapy sessions focused on increasing her listening skills and increase following directions in the home from 3 days a week to 5 days a week as evidence by reports from family and therapist observations/progress notes during therapy sessions. Continues

Client will participate in family therapy sessions focused on assisting with Client being able to focus and concentrate on the given task and relating need to his guardian improving focus from 0 to 6 times a week as evidence by therapist observations/progress notes, by school report and report from mother

Client and her father will have joint sessions one time every two months. During these session Client will work on expressing her emotions to her father and we will work on encouraging her father to respond in ways that help Client feel understood. Client father will also work to express his thoughts and emotions to Client, and we will work on encouraging Client to help her father feel understood. This will be evidenced by therapist observation of effective communication and a before and after assessment on a Likert scale of 0 (ineffective communication, needs not met) to 10 (effective communication, needs are met).

Client and parent(s) will participate in a minimum of 4 family therapy sessions focused on her taking responsibility and accountability for her actions or choices, identifying her needs with her therapist and her parent(s) discussing implementation of parenting skills. This will be evidenced by family reports and therapist observations of client improving her choices or behavior in a positive manner in family dynamics form 0 times per week to 3 times per week as noted in therapist documentation.

Treatment Planning Objective Library

I will explore and list, with the help of my therapist, the top 5 ways that I contribute to sibling conflict within the home. Alternative, healthy ways of relating to my siblings will be learned and implemented. I will report a decrease in sibling conflict at least 4 out of 7 days per week, evidenced by client, mother, and (when necessary) sibling report. Progress will be noted once per month in therapy sessions.

Client will participate in a minimum of 4 family therapy sessions focused on Client taking accountability for her actions/choices relating needs to her guardian and the family as evidence by family reports and therapy observations.

Client will demonstrate appropriate expressive skills that allow a healthy outlet to negative emotions and allow for positive relationships with her mother, peers, and siblings.

Client and parent(s) will participate in a minimum of 4 family therapy sessions focused on her taking responsibility and accountability for her actions or choices, identifying her needs with her therapist and her parent(s) discussing implementation of parenting skills. This will be evidenced by family reports and therapist observations of client improving her choices or behavior in a positive manner in family dynamics form 0 times per week to 3 times per week as noted in therapist documentation.

Treatment Planning Objective Library

GRIEF AND LOSS

The client will become familiar with Keebler-Ross's five stages of grief and loss and/or the 7 stage grief cycle. She will recognize her progress in the grief process and track in a journal weekly. She will report a reduction in problematic grief and loss symptoms from 5 days per week to 2 days per week as evidenced by client self-report and documented in session notes.

Client will learn 3 ways to express his emotions of grief and discuss them with his guardian 2 times a week as evidenced by weekly guardian's reports, observation during biweekly therapy sessions, and progress notes for 5 months.

Client will explore upsetting memories and identify triggers to negative feelings; he will learn 3 ways to counteract the identified triggers to reduce grieving to 2x per week.

Client will explore grief with therapist during weekly appts in order to improve ability to process issues related to loss over the next 3 months, as documented by clt reported process and therapist documentation.

Client will process his (add a number) grief/loss issues with the therapist, processing each loss and the emotion associated with it, in 4 sessions as evidenced by monthly discussions.

Client will process the loss of his Mother as he is able to. This will include writing a letter to him, planning the memorial service he feels he should have had, speaking about him in session, etc. This will lead to a decrease in sadness from daily to once a week. This will be evidenced through therapeutic treatment notes.

The client will become familiar with Kubler-Ross's five stages of grief and loss and/or the 7 stage grief cycle. She will recognize her progress in the grief process and track in a journal weekly. She will report a reduction in problematic grief and loss symptoms from 5 days per week to 2 days per week as evidenced by client self-report and documented in session notes.

Treatment Planning Objective Library

SEPARATION ANXIETY

Client will reduce the frequency of insecure attachment of overly hugging and kissing his Mother in public by having an agreed upon reward system with him receiving the reward 6 out of 7 times a week for displaying appropriate boundaries and no longer overly kissing and hugging Mother in public as evidenced by therapy progress notes.

SELF ESTEEM

I will learn to identify negative self-talk and beliefs and challenge and replace irrational beliefs with positive truths about myself, reporting an improved view and mood on 5 of 7 days a week, as evidenced by client self-report and therapy progress notes.

I will identify with the help of my therapist three healthy habits that will increase daily hygiene, motivation, and energy levels. I will take steps daily to incorporate at least one of these items per week, reporting an increase in hygiene, energy, and motivation at least 4 out of 7 days per week, evidenced by client report and documented in therapist notes

I will identify with the help of my therapist three healthy habits that will increase daily motivation and energy levels. I will take steps daily to incorporate at least one of these items per week, reporting an increase in energy and motivation at least 4 out of 7 days per week, evidenced by client report and documented once per month in therapist notes.

I will create with my therapist a list of 5 healthy things that help me to feel good about myself, peaceful, and encouraged. I will incorporate two items from this list into my day, it will create with my therapist a list of 5 healthy things that help me to feel good about myself, peaceful, and encouraged. I will incorporate two items from this list into my day, three times per week, and will report an increase in pleasant mood and mood stability once per month during therapy sessions. My progress will be recorded in therapist progress notes, evidenced by a rating scale of 1-10 as well as client report and therapist observation.

Treatment Planning Objective Library

During monthly sessions, I will identify 4 irrational beliefs and negative self-statements that I have come to believe and I will replace these negative statements with positive, empowering self-statements. I will use these 5 out of 7 days per week as evidenced by self-report and therapist progress documentation.

Client will develop 3 short term goals and 3 long term goals to improve social functioning, independence and health within the next 2 months AEB notes.

Client wants to create a healthy routine to improve her interactions with others, self-image and mood by exercising, doing 1 positive thing for herself, and being accountable once a day over the next 3 months AEB notes

I will practice noticing when I am saying negative statements about myself (either out loud or in my head) and correct the negative statements by coming up with more honest/realistic or positive statements. I will report a decrease in negative sentences used over the next six months as evidenced by progress notes.

Client will learn 2 self-protective behaviors to increase her self-esteem and self-confidence and increase her problem solving skills to make safe proactive decisions when she is feeling angry and frustrated. She will improve her feelings of self-esteem 5 of 7 days a week as evidenced by therapy progress notes, guardian report and self-report during individual and family sessions for the next six months.

I will "check-in" with myself once a week and rate how I feel I am doing on a scale from 1- 10 (10 being the highest) in the following areas: home life, school/work life, friendship/relationship health, physical health/sleep/eating habits, emotional health, spiritual health, and creative health. I will discuss my check-ins with the therapist over the next five months as evidenced by progress notes. Due Date: 03/06/2017

Treatment Planning Objective Library

Client will learn 2 self-protective behaviors to increase her self-esteem and self-confidence and increase her problem solving skills to make safe proactive decisions when she is feeling anxious, unsafe or in crisis, improving her feeling of self-esteem 5 of 7 days a week as evidenced by therapy progress notes and self-report during individual therapy sessions for the next six months.

I will list with my therapist the top 4 irrational beliefs and negative self-statements that I have come to believe. I will work to dispute each irrational belief and negative self-statement, replacing each with rational beliefs and statements of truth and validation. I will add one positive statement to this list per month, backing it up with evidence. My progress will be documented in therapist progress notes once per month.

I will create a list, with the help of my therapist, of past poor choices that I have made which resulted in harm to myself and/or others. I will determine and list 6 alternative choices that I can make from this point forward to both resolve the past and work toward healthy habits and relationships for the future. I will take steps toward at least 2 healthy choices per month, my progress being noted in progress notes and evidenced by client report.

Client will create a list of 3 personal goals and means of accomplishing these goals and discuss the value of each goal and accomplishment with his mother weekly and with therapist biweekly as evidenced by his mother's report, observation during biweekly therapy sessions, and progress notes for 5 months.

Client will learn about personal boundaries and keep a daily journal for one week of violations to his personal boundaries associated with anger devising coping strategies reducing amount of violations to personal boundaries to others from 6 to 2 times a week.

Client will discuss using "I" Statements in session. She will practice using them throughout the weeks. Her feelings and these conversations will then be discussed in session. This will be evidenced by an increase in Jennifer emotional awareness from none to total.

Treatment Planning Objective Library

I will learn and practice three ways to make and keep friends. I will begin new friendships that I enjoy and that help me to feel good about myself. My parents and I will report an increase in peer interactions at least 4 out of 7 days per week.

I will engage in three activities to improve my mood and make me feel good about myself that do not involve television/computers/smartphones/tablets or technology. I will rate how helpful they are on a scale from 1-5 with the therapist within the next five months as evidenced by progress notes.

I will practice noticing when I am saying negative statements about myself (either out loud or in my head) and correct the negative statements 6 out of 7 days a week by coming up with more honest/realistic or positive statements. I will report a decrease in negative sentences used over the next six months as evidenced by progress notes.

I will name two costs and benefits of holding on to forgiving self or negative thoughts/beliefs, towards or about the person who hurt me, and two costs and benefits of releasing those thoughts/beliefs

Client will learn 2 self-protective behaviors to increase her knowledge base of safe boundaries, self-esteem and increase her problem-solving skills to make safe proactive decisions when she feels sad, depressed or unsafe, as evidenced in therapy progress notes and self-report during individual therapy sessions for the next six months. In addition, the client has been informed, and verbalized an understanding, this writer does not provide emergency mental health services and in case of a mental health emergency she will need to call FTS, 911, or go to the hospital.

I will take all medications as prescribed, report any side effects to FTS clinical staff, and report effectiveness to FTS clinical staff during regularly scheduled appointments.

Treatment Planning Objective Library

I will identify 3 benefits at of establishing healthy boundaries (i.e. being able to say "no"; friendship; expressing your needs) and which ones were successful in 3 out of 7 days in at least one session per month; evidenced by client report and therapist documentation.

Client will identify and schedule 2 activities each day with a high likelihood of pleasant responses and share experiences with therapist during scheduled therapeutic sessions. Client will increase scheduled pleasant activities from 4 per week to 8 per week.

Client will identify, challenge, and replace biased, fearful self-talk with positive, realistic, and empowering self-talk improving her self -esteem and feeling good about herself 6 out of 7 days a week over a 6 month period reporting progress monthly.

Client will learn and implement 2 relaxation skills to reduce her angry outbursts from 5 times a week to once a week. She will use a Likert scale and rate (1-10) how the relaxation skills are helping her decrease her bed-wetting from 7 days a week to 1 as evidenced by therapeutic progress notes individual and family therapy sessions once a week for the next 6 months.

Client will learn and implement 2 relaxation skills to reduce her bed-wetting from 7 times a week to once a week. She will use a Likert scale and rate (1-10) how the relaxation skills are helping her decrease her anger and anxiety issues as evidenced by therapeutic progress notes and self-report during individual therapy sessions once a week for the next 6 months.

Client will learn and implement 2 relaxation skills. She will use a Likert scale and rate from 1-10 how the relaxation skills are helping her learn to manage her bipolar symptoms of depression and mood swings, as evidenced in therapy progress notes and self-report during individual therapy sessions for the next five months.

Treatment Planning Objective Library

Client and Mother will develop a schedule to help structure her time on a daily basis specifically focusing on the time she gets home until going to bed. The schedule can be done together and hung on the wall with Client checking off when each item is done with a big star on the chart if she gets through the night without wetting the bed. Bed-wetting will be reduced from 7 times a week to 1 time a week over a period of 6 months as evidenced by therapy progress notes.

I will spend at least one time per week talking with a family member or doing an activity with a family member that does not involve technology or television and will rate the effectiveness of these activities on a scale from 1-5 with the therapist over the next three months as evidenced by progress notes



Treatment Planning Objective Library

SCHIZOPHRENIA/ PARANOIA

Client will increase awareness for odd behaviors and awareness for how she feels others experience or see her by participating in 5 or more exercises that include different social situations and settings. Anastasia and therapist will discuss and practice 5 appropriate and effective methods and responses to problem solving to decrease feelings of isolation as evidenced by self reports of progress with therapist in bi-weekly therapy sessions and documented in notes.

During 3 out of 4 sessions per month, I will identify and implement 2 coping skills to decrease hallucinations and discuss what I did and how the coping skills helped, as evidenced by self-report and therapist documentation during therapy sessions for the next six months.

Client will learn 2 triggers that cause her paranoid ideation. She will discuss what the triggers are and how they affect her daily functioning. She will discuss a plan to decrease her paranoid ideation from 3x to 1x daily as evidenced by therapy progress notes and self-report during individual therapy sessions for the next four months.

Client will learn 2 coping skills to decrease her paranoid ideation. She will discuss what coping skills she practiced, and rate on a Likert scale (1-10) how her coping skills helped decrease her paranoid thoughts as evidenced by therapy progress notes and self-report during individual therapy sessions for the next six months.

Clt will continue to implement learned coping skills on a daily basis, identifying and discussing outcomes/effectiveness during each monthly indiv therapy session, as evidenced by self-report and therapist progress notes

Treatment Planning Objective Library

To implement 3 coping skills and implement them, such as relaxation techniques and thought replacement, reducing anxiety and giving a sense of purpose from 3 days to 6 days a week as evidenced by client report and therapy progress notes

To identify and verbalize thoughts, feelings, and needs during each individual therapy session in order to improve communication, insight to emotions and self-awareness improving communication in 3 out of 4 weeks during a month after a 6 month period as evidenced by therapist progress notes. Due Date: 8/15/2017Objective

Client will describe the history and circumstances of having paranoid ideation. She will discuss the frequency, duration and intensity of her paranoid thoughts and the impact on her daily functioning as evidenced by therapy progress notes and self-report during therapy sessions for the next six months.

Client will learn 2 coping skills to decrease her paranoid ideation. She will discuss what coping skills she practiced, and rate on a Likert scale (1-10) how her coping skills helped decrease her paranoid thoughts as evidenced by therapy progress notes and self-report during individual therapy sessions for the next six months.

Client will identify symptoms associated with hallucinations and delusions through the use of journal writing at least 4 of 7 days a week as documented in therapeutic progress notes.

Client will identify and process the triggers to paranoid delusions one time a week in session as well as through the use of therapeutic homework two times a week as documented in therapeutic progress notes.

Client will improve psycho-emotional stability as evidenced by improved overall functioning reflected in taking her medications daily in 6 of 7 days a week as documented in therapeutic progress notes.

Treatment Planning Objective Library

Enuresis

Client will establish and practice a restroom routine for the daytime and nighttime that promote her not urinating and defecating on herself 6 of 7 days. She will process with the therapist the rewards of not urinating and defecating on herself and the consequences of doing so in 5 sessions with the therapist. The therapist will communicate with Client's mother about progress, rewards and punishments to establish age appropriate restroom practices. This will be evidenced by the mother's report and progress notes

Client and mother will set up an award system and learn techniques to help with bed wetting. Client will received an award when she stays dry 3 out of 7 days a week as evidenced by mother, self-reports and therapist's progress notes.

Guardian reported that she will call 911 if client is a threat to herself. Client will let her mother know if she is having self-harm thoughts. Guardian will contact FTS staff to request an emergency psychiatric or therapy sessions if she believes that client is at risk of self-harm. Summer and her guardian will be referred for a psychiatric evaluation and will attend medication management appointments and follow treatment recommendations. Client and her guardian will attend individual therapy sessions on a weekly basis. Client will learn coping skills to help decrease her symptoms of depression, anxiety and eliminate self-injurious behaviors.

Treatment Planning Objective Library

SEXUAL ABUSE

Client will recognize and honor the personal boundaries or others as shown by the termination of inappropriate sexual thought patterns and contact reducing the thoughts from 7 to 2 times a week as evidenced by client self-report and therapist progress notes.

Client will increase the formation of positive peer relationships identifying specific ways he can become more involved with peers in a healthy manner from 0 to 6 times a week as evidenced by self-report and therapeutic progress notes

Client will role-play social situations in which sexual boundaries are involved modeling appropriate behavior reducing inappropriate thoughts and social interaction from 7 to 0 times a week as evidenced by self-report and therapeutic progress notes.

Client and her guardian will learn to identify 3 good touches that are safe and 3 bad touches that are unsafe, and increase her knowledge base of the importance to tell a safe adult if she is receives a bad touch by an adult or child, as evidenced through therapeutic progress notes, self-report and guardian report during individual and family therapy sessions for the next five months.

Practice a SAFE method as in avoiding a relationship if there is anything secret about it, if it is abusive to oneself or others and monitor reducing risky relationships from all of the time to some of the time to none of the time over 6 months as evidenced by therapy progress notes

Hold a family sessions that explore sexual patterns, beliefs, and behaviors. Then assist the family in identifying what sexual patterns, beliefs, or behaviors need to be changed and how they can begin to change improving healthy boundaries and sexual thought patterns acceptable in society from none of the time to some of the time to all of the time within 6 months.

Treatment Planning Objective Library

EATING DISORDER

I will identify 3 things that trigger my eating disorder and come up with 3 coping skills that help me resist the urge to make myself throw up or starve myself. I will rate the effectiveness of these skills with the therapist over the next 5 months as evidenced by progress notes.

I will discuss life events that led to and/or reinforce a negative self-image and replace the negative with positive 5 of 7 days a week evidenced by therapy progress notes

I will honestly describe my pattern of eating as to frequency, amounts, and types of foods consumed or hoarded as evidenced by therapy progress notes.

I will compare my calorie intake with an average adult rate of 15,000 calories per day to establish the reality of over-eating or under-eating keeping a food intake diary honestly consuming a healthy amount of calories 5 out of 7 days a week as evidenced by therapy progress notes.

I will keep a daily journal of my thoughts and feelings associated with my eating behavior and begin to use positive, reality based self-talk regarding weight status and body size giving myself positive and realistic messages to myself regarding food intake 6 out of 7 days a week as evidenced by therapy progress notes.

I will personally accept responsibility for adequate nutrition in terminating inappropriate laxative use, self-induced vomiting, set reasonable limits on physical exercise, and stop hoarding as evidenced by weight gain at the rate of 2 lbs a week as noted in therapy progress notes.

Treatment Planning Objective Library

I will accept myself and my positive qualities not based on weight and appearance but on character and relationships accepting myself with my shortcomings from none of the time to some of the time to all of the time as evidenced by therapy progress notes.

I will discuss with my Therapist my irrational thoughts of perfectionism in body image expectations and learn to accept my body with flaws from none of the time to most of the time over a 6 month time frame as evidenced by therapy progress notes.

I will use ATPY in cooperation with the therapist to increase self-esteem, increasing her self-esteem from a 4 to a 7 over a period of 6 months as evidenced by therapeutic progress notes

I will work to improve my confidence and self-esteem by creating a "Who am I" booklet learning to accept myself as a whole from the inside out. I will create the book along with her Therapist to refer to 1 to 2 times daily over the next 3 months. This will be evidenced by the "Who am I" booklet, therapy discussion, and progress notes.

I will identify 3 things that trigger my eating disorder and come up with 3 coping skills that help me resist the urge to make myself throw up or starve myself. I will rate the effectiveness of these skills with the therapist over the next 5 months as evidenced by progress notes.



Treatment Planning Objective Library

RELATIONSHIPS AND SOCIAL SKILLS

In session Client will practice speaking in a clear and concise way so others fully understand him. This will be evidenced by Client being able to identify the subject he is trying to describe, and the emotion he is expressing and put it into three sentences or less.

Client will verbalize how his behavior impacts others one time per session and be able to verbalize connections between his thoughts/feelings and behavior one time per session.

Client will identify 5 ways he can be a good friend. He will use these when interacting with classmates and discuss the use of these in session. Progress will be determined by an increase of positive school days from 2 to 4 per week.

Client will add three new friends to his friend group this school semester.

Client will learn and develop social skills in session. This will be evidenced by Client's completion of 6 social skills worksheets.

In session Client will learn about body language and verbal cues and will apply what he learns to conversations outside of session. This will be evidenced by Client's guardian reporting an increase in positive social interactions from once weekly to 5 times weekly.