

Goals, Interventions, Objectives

Anxiety: Treatment Planning Tool

25 Goals
each with
interventions &
objectives!

CHEAT
SHEET

Anxiety
Goals, Interventions & Objectives

Goal: Anxiety will no longer be an all-or-none event and client will demonstrate improved functioning.

Interventions:

- Promote developing a level of trust with the client
- Provide psychoeducation on anxiety
- Implement relaxation tools

Objectives:

- Identify and evaluate the sources of anxiety, fears, and concerns and working with the client in managing anxiety
- Able to work with client to understand 80% of the time within 6 weeks of therapy
- Client will show a decrease in anxiety from _____ to _____ on an anxiety measurement tool over a 12-week period
- Clients will show a decrease in the Client Anxiety Inventory (CAI) score from 35 currently to 15 or less by _____
- Able to engage successfully in 1 identified activity that was once avoided due to anxiety symptoms
- Increase functioning as indicated by subjective report of anxiety from 10 days per week to 5 days per week
- Report a decrease in overall frequency and intensity of anxiety response to their daily functioning in 4 weeks
- Take medication as prescribed

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

Interventions:

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

Objectives:

- Visualize the situations, thoughts and feelings that impact functioning and identify 1 step
- Achieve at least 6 sessions of cognitive behavioral therapy (CBT) to identify and challenge negative thought patterns, practice relaxation techniques and develop coping strategies to manage symptoms. Track progress by using validated self-report measures of your functional impairment before and after each session, and set specific goals for next frequency, intensity, and duration of anxiety between sessions

14
Pages

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Objectives For Dealing With Anxiety

LL Leslie



Objectives For Dealing With Anxiety:

Whispering the Strategies of Language: An Emotional Quest through **Objectives For Dealing With Anxiety**

In a digitally-driven world wherever monitors reign supreme and instant transmission drowns out the subtleties of language, the profound secrets and mental subtleties hidden within phrases often get unheard. However, situated within the pages of **Objectives For Dealing With Anxiety** a fascinating literary prize sporting with natural thoughts, lies a fantastic journey waiting to be undertaken. Published by an experienced wordsmith, this wonderful opus attracts visitors on an introspective journey, softly unraveling the veiled truths and profound impact resonating within the fabric of each word. Within the mental depths of the touching evaluation, we can embark upon a sincere exploration of the book is key styles, dissect its fascinating publishing design, and succumb to the powerful resonance it evokes heavy within the recesses of readers hearts.

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