

## TREATMENT PLAN GOALS / OBJECTIVES

**Note:** Always make objectives measurable, e.g., 3 out of 5 times, 100%, learn 3 skills, etc., unless they are measurable on their own as in "List and discuss [issue] weekly..."

### Abuse/Neglect

Goal: Explore and resolve issues relating to history of abuse/neglect victimization

- Share details of the abuse/neglect with therapist as able to do so
- Learn about typical long term/residual effects of traumatic life experiences
- Develop two strategies to help cope with stressful reminders/memories

### Alcohol/Drugs and Other Addictions

Goal: Be free of drug/alcohol use/abuse

- Avoid people, places and situations where temptation might be overwhelming
- Explore dynamics relating to being the [child/husband/wife] of an [alcoholic/addict] and discuss them each week at support group meetings
- Learn five triggers for alcohol & drug use
- Reach \_\_\_\_ days/months/years of clean/sober living

### Adoption/Foster Care Placement

Goal: Explore and resolve issues related to adoption/out-of-home placement

- Discuss ongoing concerns and issues related to adoptive and/or biological parents during weekly sessions
- Talk about his/her wishes with regard to permanency planning

### Anger

Goal: Increase and practice ability to manage anger

- Walk away from situations that trigger strong emotions (100%)
- Be free of tantrums/explosive episodes
- Learn two positive anger management skills
- Learn three ways to communicate verbally when angry
- Be able to express anger in a productive manner without destroying property or personal belongings
- Be able to express anger without yelling and using foul language
- Explore and resolve conflict with \_\_\_\_ (list triggers)
- Get through an entire day without an angry mood swing (or breaking/punching...)
- Get through a whole week without fighting with \_\_\_\_
- Take a time-out when things get upsetting
- Learn and practice anger management skills especially in situations where people are not treating him/her respectfully

# Sample Objectives For Treatment Plans

**Zhe Xu**



## **Sample Objectives For Treatment Plans:**

## Reviewing **Sample Objectives For Treatment Plans**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Sample Objectives For Treatment Plans**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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