

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 at a clinical level and client will demonstrate improved functioning.

Interventions:

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

Objectives:

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

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

Interventions:

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

Objectives:

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

14
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Objectives For Dealing With Anxiety

L Towne



Objectives For Dealing With Anxiety:

This book delves into Objectives For Dealing With Anxiety. Objectives For Dealing With Anxiety is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Objectives For Dealing With Anxiety, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Objectives For Dealing With Anxiety
 - Chapter 2: Essential Elements of Objectives For Dealing With Anxiety
 - Chapter 3: Objectives For Dealing With Anxiety in Everyday Life
 - Chapter 4: Objectives For Dealing With Anxiety in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Objectives For Dealing With Anxiety. This chapter will explore what Objectives For Dealing With Anxiety is, why Objectives For Dealing With Anxiety is vital, and how to effectively learn about Objectives For Dealing With Anxiety.
3. In chapter 2, the author will delve into the foundational concepts of Objectives For Dealing With Anxiety. This chapter will elucidate the essential principles that must be understood to grasp Objectives For Dealing With Anxiety in its entirety.
4. In chapter 3, this book will examine the practical applications of Objectives For Dealing With Anxiety in daily life. This chapter will showcase real-world examples of how Objectives For Dealing With Anxiety can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Objectives For Dealing With Anxiety in specific contexts. The fourth chapter will explore how Objectives For Dealing With Anxiety is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Objectives For Dealing With Anxiety. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Objectives For Dealing With Anxiety.

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