Goals, Interventions, Objectives

Anxiety: Treatment Planning Tool



Anxiety

Goals, Interventions & Objectives

Good: Analoty will no longer be at a clinical level and client will demonstrate improved functioning.

International Control

- · Facus on developing a level of trust with the client,
- · Provide psychosolucience on anxiety.
- Implement assessment tools.

States Street

- Identify and reductive top sources of aniesty, fears, and concerns and 5 coping skills for managing ensisty.
- Able to south self when encious over 50% of the time within 4 weeks of therapy
- Clear will above a decrease in projety from ______ for _____ on an analyty measurement tool over a 10 week period.
- Scores on the Seventy Measure for Generalized Amenty Deceder will decrease from 50 currently to 10 or less for
- Able to engage successfully in I identified activity that was once avoided due to innerly sumptions.
- Increase functioning as indicated by subsective report of arrively free days 5 days per week.
- Support a decrease is award frequency and intensity of animity response to that study functioning is not imported.
- Take medication as prescribed.

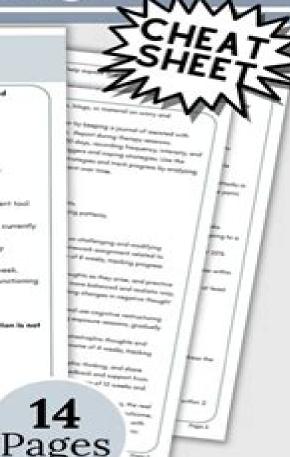
Good: Barboca everall frequency, intensity, and duration of analyty so that daily function is not impaired.

heteropedhene:

- Teach client how to recognize and avoid triggers.
- · Teach CBI to identify and shallenge negative thought patterns.
- . Discuss how "warry time" can be an effective total in managing anxiety.

Objections:

- Describe the stustoms, thoughts and feelings that impact functioning and ettempts.
- Amond on laser IQ sessions of cognitive behavioral therapy (CBT) to identify and of negative thought portions, practice releasing to techniques, and develop stigning the sweety symptoms. Trook progress by using validated self-report measures of small functional impairment before and other each session, and set specific goods for redifinegency, interruity, and dentition of amonty behavior session.



Objectives For Dealing With Anxiety

Wolfgang Guggemos

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