

# 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 attempts to cope.
- 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  
Pages

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# Objectives For Dealing With Anxiety

**RM Cervero**



## **Objectives For Dealing With Anxiety:**

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## **Table of Contents Objectives For Dealing With Anxiety**

1. Understanding the eBook Objectives For Dealing With Anxiety
  - The Rise of Digital Reading Objectives For Dealing With Anxiety
  - Advantages of eBooks Over Traditional Books
2. Identifying Objectives For Dealing With Anxiety
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Objectives For Dealing With Anxiety
  - User-Friendly Interface
4. Exploring eBook Recommendations from Objectives For Dealing With Anxiety
  - Personalized Recommendations
  - Objectives For Dealing With Anxiety User Reviews and Ratings
  - Objectives For Dealing With Anxiety and Bestseller Lists
5. Accessing Objectives For Dealing With Anxiety Free and Paid eBooks
  - Objectives For Dealing With Anxiety Public Domain eBooks
  - Objectives For Dealing With Anxiety eBook Subscription Services
  - Objectives For Dealing With Anxiety Budget-Friendly Options
6. Navigating Objectives For Dealing With Anxiety eBook Formats

- ePub, PDF, MOBI, and More
- Objectives For Dealing With Anxiety Compatibility with Devices
- Objectives For Dealing With Anxiety Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Objectives For Dealing With Anxiety
  - Highlighting and Note-Taking Objectives For Dealing With Anxiety
  - Interactive Elements Objectives For Dealing With Anxiety
- 8. Staying Engaged with Objectives For Dealing With Anxiety
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Objectives For Dealing With Anxiety
- 9. Balancing eBooks and Physical Books Objectives For Dealing With Anxiety
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Objectives For Dealing With Anxiety
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Objectives For Dealing With Anxiety
  - Setting Reading Goals Objectives For Dealing With Anxiety
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Objectives For Dealing With Anxiety
  - Fact-Checking eBook Content of Objectives For Dealing With Anxiety
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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