

## 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

**JA Banks**



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