

# 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

**Brendan G. Carr**



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