

# Depression - Treatment Planning Tool

## Goals, Interventions & Objectives

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SHEET**

**25 Goals  
each with  
interventions &  
objectives!**

Depression - Treatment Plan  
Goals, Interventions & Objectives

Goal: Reduce the frequency and severity of depressive episodes.  
Intervention:

- Cognitive Behavioral Therapy (CBT)
- Antidepressant medication
- Psychotherapy

Objectives:

- Reduce the frequency of depressive episodes from once a week to once every three months as measured by patient self-report or weekly therapy sessions.
- Decrease the severity of depressive episodes by 50% as measured by the Beck Depression Inventory (BDI-II) after eight weeks of treatment.
- Increase the frequency of positive emotions and experiences by 50% as measured by daily mood journals over the course of four weeks.
- Manage side effects resulting in participation with the course of therapy, assessment by therapist and medication log.
- Increase engagement in psychotherapy sessions by attending at least two sessions weekly (80% attendance for CBT activity log).
- Decrease the frequency of negative self-talk by 50% as measured by a thought diary completed weekly during therapy sessions.
- Improve overall functioning and quality of life by the end of 12 weeks of therapy sessions (measured by a validated functional assessment).
- Be free of suicidal thoughts.
- Increase daily activity levels and engagement in psychotherapy sessions by the end of 12 weeks of therapy, increase daily activity level and engagement in psychotherapy sessions.

**Ready to copy and paste into your treatment plan!**



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• Improve overall functioning by increasing attendance and following at least two sessions weekly as measured by a weekly session attendance record.

• Decrease the frequency of depressive episodes by 50% as measured by the Beck Depression Inventory (BDI-II) after eight weeks of treatment.

**17 Pages**

# Measurable Treatment Goals For Depression

**Robert Woolfolk, Lesley Allen**



## **Measurable Treatment Goals For Depression:**

*Mental Health Providers Guide To Managed Care* Leonard Reich, Andrew Kolbasovsky, 2006 For both patients and providers the words managed care are loaded with negative connotations synonymous with inefficiency and bureaucracy Forced to perform a delicate balancing act of offering the best possible care for their clients while carefully adhering to various managed care policies and procedures providers in particular often wince at the prospect of having to deal with managed care companies or MCOs Fearing burdensome paperwork low reimbursement rates and denials of care it is not surprising that a number of mental health professionals choose to limit their involvement with managed care companies or eliminate it altogether My clients are all on different health plans how can I keep the policies straight Getting services approved is so time consuming that I'm better off accepting only self paying clients aren't I Do the benefits of working with MCOs really outweigh the drawbacks The answer according to two industry insiders is yes If you know how to work with the system the system can work for you *Mental Health Provider's Guide to Managed Care* is the first handbook of its kind to offer clinicians a window into the inner workings of MCOs Authors Reich and Kolbasovsky candidly draw on their combined 37 years experience in the field to walk readers through all the major elements of how to successfully work within the system marketing yourself and your practice to an MCO getting onto a MCO's network maintaining a good relationship and communicating with MCOs for quick service approval reducing your liability understanding your rights and responsibilities getting paid and more Every issue big and small is covered from capitation versus fee for service payment arrangements to evaluating which MCOs are a good fit to join and everything in between After explaining how to work with the system the authors reveal how to put the system to work for you Tips for building your practice through referrals generating business through doctor collaboration and understanding future practice opportunities are all covered By demystifying the complexities of managed care and offering a unique inside view of the process this book mitigates the negative connotations associated with MCOs and exposes the hidden benefits of a seemingly burdensome process Exceedingly reader friendly and packed with insightful tips and vignettes *Mental Health Provider's Guide to Managed Care* is one clinician's guide you won't want to be without

*The Clinical Documentation Sourcebook* Donald E. Wiger, 2009-12-31 All the forms handouts and records mental health professionals need to meet documentation requirements fully revised and updated The paperwork required when providing mental health services continues to mount Keeping records for managed care reimbursement accreditation agencies protection in the event of lawsuits and to help streamline patient care in solo and group practices inpatient facilities and hospitals has become increasingly important Now fully updated and revised the Fourth Edition of *The Clinical Documentation Sourcebook* provides you with a full range of forms checklists and clinical records essential for effectively and efficiently managing and protecting your practice The Fourth Edition offers Seventy two ready to copy forms appropriate for use with a broad range of clients including children couples and families Updated coverage for HIPAA

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Quality of Life Therapy Michael B. Frisch, 2006-01-13 Note Book no longer includes a CD ROM but the files are available online for download for both book and ebook purchasers at [www.wiley.com/go/frisch](http://www.wiley.com/go/frisch) This book defines an approach to well being and positive psychology that is state of the art evidence based empirically validated and an outstanding guide for anyone interested in learning about the practice of positive psychology or well being Ed Diener the world authority on happiness from the University of Illinois and President of the International Positive Psychology Association Endorsed by Christopher Peterson of the University of Michigan and taught in Marty Seligman's Masters in Applied Positive Psychology MAPP Program at the University of Pennsylvania this book teaches a simple step by step method for putting the fields of well being and positive psychology into practice It is a one stop shopping manual with everything you need in one book and with one approach This approach to greater happiness meaning and success is evidence based and empirically validated It has been successfully tested in three randomized controlled trials including two NIH grant funded trials conducted by James R Rodrigue and his colleagues at Beth Israel and Harvard Medical Centers in Boston Quality of Life Therapy also known as Quality of Life Therapy and Coaching or QOLTC is designed for use by therapists coaches organizational change agents consultants and all professionals who work to improve peoples well being Many laypersons and clients have found the book useful as well This book explains the Sweet 16 Recipe for Joy and Success along with validated interventions for each 1 Basic Needs or Wealths Health Money Goals and Values Spiritual Life Self Esteem 2 Relationships Love Friends Relatives and Children 3 Occupations Avocations Work and Retirement Pursuits Play Helping Service Learning Creativity 4 Surroundings Home Neighborhood Community     **The Psychotherapy Documentation Primer** Donald E. Wiger, 2011-12-20 Everything you need to know to record client intake treatment and progress incorporating the latest managed care accrediting agency and government regulations Paperwork and record keeping are day to day realities in your mental health practice Records must be kept for managed care reimbursement for accreditation agencies for protection in the event of lawsuits to meet federal HIPAA regulations and to help streamline patient care in larger group practices inpatient facilities and hospitals The standard professionals and students have turned to for quick and easy yet comprehensive guidance to writing a wide range of mental health documents the Third Edition of The Psychotherapy Documentation Primer continues to reflect HIPAA and

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**The Complete Depression Treatment and Homework Planner** Arthur E. Jongsma, Jr., 2004-02-26 Contains more than 1 000 prewritten goals objectives and interventions for treating depression and depression related disorders Includes clinically proven ready to copy homework exercises and assignments Sample treatment plans and customizable exercises may be easily downloaded online at [www.wiley.com/go/completeplanners](http://www.wiley.com/go/completeplanners) The Bestselling treatment planning system for mental health professionals Utilizing the methodology of the bestselling PracticePlanners series The Complete Depression Treatment and Homework Planner provides an all in one resource for treating clinical depression saving time and paperwork while allowing you the freedom to develop established and proven treatment plans for adults children adolescents and other subgroups and populations Includes a wide range of behavioral definition statements describing client symptoms as well as over 25 customizable homework and activity assignments to be used during treatment Provides long term goals short term objectives and recommended interventions as well as DSM IV TRTM diagnostic suggestions associated with each presenting problem Ready to copy exercises cover the most common issues encountered by a wide range of client groups suffering from depression A quick reference format the interactive assignments are grouped by patient type such as employee spouse adolescent addicted adult acute inpatient and more Expert guidance on how and when to make the most efficient use of the exercises Includes access to ancillary Web site with downloadable resources including sample treatment plans and customizable homework exercises Additional resources in the PracticePlanners series For more information on our PracticePlanners products including our full line of Treatment Planners and Homework Planners visit us on the Web at [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners) The Complete series of books combine our bestselling Treatment Planners and Homework Planners into one easy to use all in one resource for mental health professionals treating clients suffering from a wide range of disorders Treatment Planners cover all the necessary elements for developing formal treatment plans including detailed problem definitions long term goals short term objectives therapeutic interventions and DSMTM diagnoses

**Pervasive Computing Technologies for Healthcare** Dario Salvi, Pieter Van Gorp, Syed Ahmar Shah, 2024-06-03 This book constitutes the refereed proceedings of the 17th EAI International Conference on Pervasive Computing Technologies for Healthcare PervasiveHealth 2023 held in Malm Sweden during November 27 29 2023 The 29 full papers and 6 short papers were selected from 90 submissions and are organized in thematic sessions as follows Pervasive Mental Health Privacy Ethics and Regulations Datasets and Big data Processing Pervasive health for Carers Pervasive Health in Clinical Practice Remote Monitoring Patient and User Aspects Motion and

rehabilitation Workshop on the Internet of Things in Health Research Posters and demos non indexed annex

**Cognitive Behavior Therapy in Nursing Practice** Arthur Freeman, EdD, ABPP, 2004-12-06 Designated a Doody's Core Title This is a manual on integrating cognitive behavior therapy CBT into advanced practice psychiatric nursing The distinguished contributors provide an overview of CBT and how it fits into nursing practice and theory The book incorporates chapters on psychiatric conditions most commonly treated with CBT including depression and anxiety as well as chronic pain and substance abuse The special needs of families couples the elderly and groups are also addressed Contributors include Sister Callista Roy and Bruce Zahn This is a valuable text for students as well as a reference and resource book for clinicians For Further Information Please Click Here

**Mental Disorders** Robert Woolfolk, Lesley Allen, 2013-01-16 This book brings together an international array of stars of the mental health professions to create a cutting edge volume that sheds light on many important and heretofore poorly understood issues in psychopathology Mental Disorders Theoretical and Empirical perspectives will be an important addition to the libraries of scholars and clinicians

**Depression in Medical Illness** Arthur J. Barsky, David A. Silbersweig, 2017-04-05 An authoritative guide to understanding and treating depression in the medically ill Depression in Medical Illness is based on the fact that depression and medical illness are inextricably bound together and must be viewed through a single lens in order to truly understand diagnose and treat them Throughout the book the authors emphasize not simply a critical distillation and balanced summary of the available empirical data but equally important an active synthesis formulation and analysis of that evidence This informs a contemporary biomedical understanding as well as diagnostic and therapeutic approaches All of the chapters are authored by members of the Department of Psychiatry at the world renowned Brigham and Women's Hospital In chapters devoted to specific medical disorders psychiatrists with particular expertise in those areas have been joined by other eminent Brigham medical and surgical specialists or subspecialists This makes these chapters valuable not just to psychiatrists and other mental health professionals but to a wide range of medical specialists as well Logically Organized Into Five Sections Core Concepts provides a conceptual and intellectual framework for understanding depressive illness in the context of medical illness Assessment and Treatment of Depression in Medically Ill Patients discusses the general principles of depression diagnosis and treatment Depression in Medical Illness Assesses what we know about depression when it is comorbid with the full range of major medical disorders Special Populations and Settings Is devoted to special patient populations and the importance of the settings in which care is delivered New Directions A fascinating glimpse into the future of the care of medically ill patients who are depressed

**Psychological Problems of Ageing** Robert T. Woods, 1999-08-03 The principles and practice of the clinical psychology of the ageing and the psychological treatment and care of the elderly are described for students and practitioners in clinical psychology psychiatry and psychotherapy

**Handbook of Clinical Psychology of Ageing** Robert T. Woods, 1996-07-17 This handbook focuses on the key areas in the psychology of ageing Problems

associated with later life development and change Emotional problems and depression associated with loss of physical health and with losses and changes in the areas of social relationship and personal identity The important clinical context of service delivery including community care family care giving and institutional aspects A broad range of therapeutic orientations including cognitive behavioural psychodynamic and family therapy approaches It is hard to do justice to the breadth of material in this book I have found the reading of it both stimulating and enlightening despite believing that I was familiar with most of the topics and have no doubt that I will be using it for reaching and reference purposes into the next millennium if there is one book a Clinical Psychologist working with older people needs this is it Steve Boddington International Journal of Social Psychiatry

**Handbook of Psychological Assessment, Case Conceptualization, and Treatment, Volume 1** Michel Hersen, Johan Rosqvist, 2007-11-02 Edited by recognized experts Michel Hersen and Johan Rosqvist Handbook of Psychological Assessment Case Conceptualization and Treatment Volume 1 Adults is a thorough and practical reference for those working with adults Bringing together the most current theories and evidence based applications chapters address issues of importance including ethics medical issues panic and agoraphobia obsessive compulsive disorder and posttraumatic stress disorder Each chapter follows a structured format opening with an overview of assessment followed by case conceptualization and finally recommended treatment

**Mechanisms and Management of Pain for the Physical Therapist - E-BOOK** Kathleen A. Sluka, 2025-05-24 Deepen your knowledge of the mechanisms of pain and redefine your approach to pain management with this essential resource Mechanisms and Management of Pain for the Physical Therapist Third Edition is the only textbook that addresses the growing significance of rehabilitation and non pharmaceutical treatments in pain care Dr Kathleen Sluka leads a team of more than 20 international contributors in providing a practical evidence based framework for understanding pain mechanisms and management using a multidisciplinary approach Completely updated content covers the basics of pain neurobiology and reviews evidence on the mechanisms of action of physical therapy treatments as well as their clinical effectiveness in specific pain syndromes This edition features new chapters on chronic pain predictors psychological interventions and managing pain in special populations ensuring you are equipped with the latest advancements in the field Comprehensive coverage of physical therapy pain management with a review of the latest evidence and case studies Overview of the science of acute and chronic pain Interdisciplinary approach to pain management Focus on pain syndromes commonly seen in physical therapy practice including the underlying pathology and interdisciplinary management as well as the medicine psychology and physical therapy approaches

*Treatment Strategies for Patients with Psychiatric Comorbidity* Scott Wetzler, William C. Sanderson, 1997 While many psychiatrists and psychologists tend to diagnose and treat a principle disorder most psychiatric patients have more than one disorder This book deals with treatment needs of psychiatric patients who meet diagnostic criteria for more than one disorder concurrently

**Running as Therapy** Michael L. Sachs, Gary W. Buffone, 1984      Brief Treatment in Clinical

Social Work Practice Maria D. Corwin, 2002 Author Maria Corwin offers a text that addresses the current concerns that professionals may have regarding shorter treatment programs As stated in her preface her goal is to help students and clinical workers gain a sense of competency and confidence in doing time limited work      **Psychotherapy** Christiane Brems, 1999 About every topic Psychotherapists mental health care professionals and mental health care professors      **The Behavior Therapist** , 2001      **Psychiatric Ethics** Sidney Bloch, Paul Chodoff, Stephen A. Green, 1999 Consideration of ethics has established a firm place in the affairs of psychiatrists An increased professional commitment to accountability together with a growing consumer movement has paved the way for a creative engagement with the ethical movement Psychiatric Ethics has carved out a niche for itself as a major comprehensive text and core reference covering the many complex ethical dilemmas which face clinicians and researchers in their everyday practice This new edition takes a fresh look at recent trends and developments at the interface between ethics and psychiatric practice For this edition Sydney Bloch and Paul Chodoff are joined by Stephen Green a clinical professor in ethics and psychiatry at Georgetown University in leading 29 of the finest scholars in the field from around the world Eleven new contributors join the team of authors They include Drs Beauchamp Gutheils Sabin McGuffin Szmelter Gabbard and Holmes Since the second edition the editors have observed several emerging aspects of psychiatric practice requiring coverage As a result six new chapters have been added covering the ethical aspects of community psychiatry managed care psychiatric genetics resource allocation codes of ethics and boundary violations All others chapters have been fully revised and updated The book will continue to be essential reading for psychiatrists and other mental health professionals as well as of interest to ethicists policy makers managers and lawyers  
    **Journal of Marital and Family Therapy** , 2010



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