

Treatment Plan Cheats for Short Term Objectives

Medical Issues

Client will attend 1 session with the physician to explore how medical conditions might be related to presenting problems, over the next 6 months, as reported by the parent.

Depressed Mood/Mood Swings

Client will reduce depressed mood down to 0 x per week over a period of 6 months, as reported by client, guardian, or observed by the clinician.

Client will learn and role-play 4 ways to feel happier about her life, over the next 6 months, as reported by the client during sessions with the clinician.

Client will explore and verbalize at least 5 triggers of depressed mood in the next 6 months, as evidenced by discussions with clinicians and as reported by client.

Client will identify 4 feelings of depression through therapeutic games and artwork, over the next 6 months, as documented by the clinician.

Client will complete at least 5 homework assignments designed to reduce depressed feelings, over the next 6 months, as documented by the clinician.

Client will learn and verbalize 10 physical complaints related to depression, over the next 6 months, as reported by the client during weekly sessions.

Client will explore and verbalize at least 8 ways to improve his overall mood, over the next 6 months as reported by self, mother, or documented in notes by clinician.

Client will reduce mood swings down to 3 times per week over a period of 6 months, as reported by client, guardian, or observed by the clinician.

Client will explore 3 feelings about how his relationship with his mother and depressed mood are correlated, over the next 6 months as reported by self, mother, or documented in notes by clinician.

Client will explore 5 reasons for mood swings, and will learn how to control mood swings, over the next 6 month, as reported by the client and observed by the therapist.

Client will make 1 contract with clinician to prevent self-hurt behaviors, and will explore 3 reasons in his past for self-hurt ideas, over the next 6 months, as discussed during sessions

Client will learn 2 ways to control depressed mood via use of medications, over the next 6 months, as reported by the client during weekly sessions.

Client will learn and verbalize 10 physical complaints related to frequent mood swings, over the next 6 months, as reported by the client during weekly sessions.

Client will be able to identify 5 triggers to her depressive episodes and list 4 possible antidotes to those triggers, over the next 6 months, as reported by the client during weekly sessions.

Client will gain knowledge of different feelings and emotions, develop strategies to express his emotions and improve coping skills and practice, over the next 6 months, as reported by the client during weekly sessions.

Client will learn to identify maladaptive, negative thoughts and how to replace them with more positive, adaptive thoughts and demonstrate newly acquired skills 1x weekly in sessions with clinician, over the next 6 months, as reported by the client during weekly sessions.

Client will explore and verbalize at least 5 triggers of his stress, sadness and discuss weekly in session with clinician, over the next 6 months, as reported by the client during weekly sessions.

Client will increase comfort and ability to talk and think about painful experiences in his life without emotional stress. He will practice through discussion, role-play and creativity at least 1x weekly in session with clinician, over the next 6 months, as reported by the client during weekly sessions.

Client will use her strength of nurturing to set up a self-care night time routine that will include deep breathing techniques, relaxation, and calming techniques in order to help her sleep better at night as will be discussed with therapist in session, over the next 6 months, as reported by the client during weekly sessions.

Client will write a heroic narrative of her life or past traumas in order to process and re-conceptualize her past and future, in session with therapist in session, over the next 6 months, as reported by the client during weekly sessions.

Anger

Clients will reduce the severity of symptoms or behaviors down to 5 x per week over a period of 6 months, as reported by the client, guardian, or observed by the clinician.

Clients will identify and process 10 feelings of anger and how they relate to the presenting anger, as documented during weekly sessions with clinician, for the next 6 months.

Client will identify and process 10 feelings of anger and how they related to the presenting aggression and attitude, as documented during weekly sessions with clinician, over a period of 4 months.

Client will complete at least 5 activities in an anger resolution workbook, over the next 6 months, as self-disclosed by the client and talked with the clinician.

Client will verbalize 3 ways to channel anger through respectful verbalizations and outlets, over the next 5 months, as reported to the clinician.

Client will learn about 5 anger control skills that client can use at school in interacting with teachers or classmates, over a period of 6 months, as reported by client or parents.

Client will understand 2 ways in how to change the way he perceives other peers and adults therefore avoiding anger, as discussed with clinician in sessions, over the next 6 months.

Client will learn and verbalize 4 effective timeouts which he can role model when he becomes upset, over the next 6 months, as reported by client during sessions.

Client will work on, and explore, at least 3 techniques to avoid negative consequences of anger, as discussed with the clinician, over the next 6 months.

Client will explore 3 consequences of poor choices he has made in the past, and will discuss them with clinician, over the next 6 months, as observed during sessions with the client.

Client will make a list of 10 ways to reduce anger outbursts at school or at home, over the next 6 months, as documented by the clinician in notes.

Client will reduce the number of times she argues with siblings, peers, mother, or teachers down to 6 times per week over a period of 6 months, as reported by client or parents.

Client will learn 10 anger management skills that she can use at home or at school, over a period of 6 months, as reported by self or by parents/teachers.

Client will identify and learn at least 6 stop-and-think techniques, in weekly sessions for the next 6 months as observed by clinician or reported by client.

Client will identify and process 8 feelings about his family and how they relate to the presenting anger problems, as documented during weekly sessions with clinician, for the next 6 months.

Client will discuss at least 10 ways to avoid peers who provoke him about certain topics or situations, over the next 6 months, as described by client, mother, or teachers.

Client will verbalize 4 ways in which the underlying issues of anger are explored, over the next 6 months, as reported by the client.

Client will be able to use bubble breathing 3 times a day, over the next 6 months, as reported by the client.

Client will use his creativity to make an "anger tool kit" which will include at least 5 things he can do when he feels angry, over the next 6 months, as reported by the client.

will be able to learn and effectively implement at least 4 nonviolent alternative strategies to be able to better handle anger and frustration, over the next 6 months, as reported by the client.

will learn and implement at least 2 assertiveness techniques in order to express his emotions effectively, over the next 6 months, as reported by the client.

will effectively implement at least 3 strategies to be able to establish and maintain firm, consistent limits when client exhibits to aggressive non-compliant behaviors, over the next 6 months, as reported by the client.

Aggression

Client will reduce aggressive behaviors down to 0 x per week over a period of 6 months, as reported by client, guardian, or observed by the clinician.

Client will identify 4 feelings of aggression through therapeutic games and artwork, over the next 6 months, as documented by the clinician.

Client will role-play at least 10 ways to curb his/her physical aggression with other people, over the next 6 months, as observed by therapist during sessions.

Client will complete at least 3 homework assignments designed to reduce aggressive behaviors, over the next 6 months, as documented by the clinician.

Client will learn and verbalize 7 physical complaints related to anger, over the next 6 months, as reported by the client during weekly sessions.

Client will explore 8 reasons for recent verbal aggression toward parents/teachers/peers in the past 6 months, as reported by the client, over the next 6 months.

Client will explore at least 5 positive and 5 negative ways to physically touch people that he knows over a period of 6 months, as observed by clinician during meetings or reported by mother.

Client will list and explore 4 ways to avoid throwing things or punching people or things, over a period of 4 months, as observed by clinician during meetings and reported by mother.

Client will explore and verbalize at least 5 triggers of aggressive behaviors in the next 6 months, as evidenced by discussions with clinicians and as reported by client.

Client will verbalize 3 ways in which physical aggression has affected other people around the client's life, over the next 6 months, as self-reported by the client and documented in the progress notes.

Client will recognize at least 4 triggers to his anger/aggression and will know at least 5 coping skills to use when he is triggered, over the next 6 months, as reported by the client.

Defiance/Non-Compliance

Client will reduce defiant behaviors down to 0 x per week over a period of 6 months, as reported by client, guardian, or observed by the clinician.

Client will verbalize 8 ways to accept responsibility for misbehaviors at school or at home, over the next 6 months, as reported by the client during sessions.

Client will identify 4 feelings of defiance through therapeutic games and artwork, over the next 6 months, as documented by the clinician.

Client will follow directions at home and school with one prompt 5 out of 10 times for the next 6 months as reported by client, caregiver or school staff.

Client will learn and demonstrate 8 appropriate ways to express herself appropriately without being defiant with others, as reported by teachers and parents during the next 6 months.

Client will learn at least 8 conflict resolution techniques over the next 6 months, as observed by the clinician and reported by the client.

Client will participate in at least 1 weekly activity with peers in a cooperative manner, over the next 6 months, as reported by the client.

Client will verbally identify 5 ways of how she wants to be treated by others, over the next 6 months, as reported by the client and documented in sessions.

Client will explore at least 3 triggers of defiant behavior in the home or school, as reported by teachers, parents, or the client in weekly reports, over the next 6 months, as reported by the client.

Client will reduce non-compliance with rules and chores down to 5 x per week over a period of 6 months, as reported by client, guardian, or observed by the clinician.

Client will identify at least 10 triggers or reasons for non-compliance with adults, over a period of 6 months as self-reported or reported by client's parents.

Client will complete at least 7 homework assignments designed to reduce non-compliance at home, over the next 6 months, as documented by the clinician.

Client will at least 4 techniques to learn how to pay attention to parents and to follow rules and chores at home, over a period of 6 months as observed by clinician during sessions.

Client's mother will identify at least 1 positive long-term parenting skill over a period of 6 months as self-reported to the clinician during sessions.

Client will identify 3 feelings of being non-compliant with requests, through therapeutic games and artwork, over the next 6 months, as documented by the clinician.

Client's mother will role play and role model positive interactions amongst family members at least 1 time per week, over a period of 6 months as reported to clinician during sessions or observed during sessions.

Client and his mom will work together to learn to express at least 3 appropriate forms of communication, over the next 6 months, as reported by the client.

Anxiety

Client will be able to identify at least 3 occurrences when her negative thought pattern of "I am wrong" is triggered and will discuss with therapist in session, over the next 6 months, as reported by the client.

Client will be able to use at least 4 different behavioral activation strategies when her negative thought pattern is triggered, as will be discussed in session with therapist, over the next 6 months, as reported by the client.

Client will use her affirmations of "I am safe" and "I make good choices" at least 8x a day, as will be practiced and discussed in session with therapist, over the next 6 months, as reported by the client.

Client will discuss and process at least 3 past events that may have lead to the origination of her negative thought pattern of "I am wrong", over the next 6 months, as reported by the client.

Client will reduce anxiety down to 0 x per week over a period of 6 months, as reported by client, guardian, or observed by the clinician.

Client will learn and verbalize 10 physical complaints related to anxiety, over the next 6 months, as reported by the client during weekly sessions.

Client will identify 2 examples of excessive worry or fear, over the next 6 months, as reported by the client and documented by the therapist.

Client will learn 5-7 muscle-relaxation techniques, over the next 6 months, as self-reported by the client.

Client will learn 4-5 deep-breathing techniques, over the next 6 months, as self-reported by the client.

Client will openly share 5-6 anxious thoughts and feelings, over the next 6 months, as reported by the client during weekly sessions.

Client will verbally identify at least 6 specific fears and worries, over the next 6 months, as reported by the client and explored in the company of the clinician.

Client will identify at least 10 feelings and role playing them in expressing them appropriately, over the next 6 months, as self-reported by client.

Client will implement 2 examples on how to engage in positive self-talk to reduce or eliminate anxiety, over the next 6 months, as reported by the client.

Client will complete at least 5 homework assignments designed to reduce anxiety feelings, over the next 6 months, as documented by the clinician.

Client will identify at least 3 areas of conflict that precipitate anxiety, over the next 6 months, as talked about between the clinician and client during sessions.

Client will increase participation in daily social/academic activities at least 1 time per week, over the next 6 months, as reported by the client.

Client will read at least 1 anxiety related book, and will explore summary with the clinician, over the next 6 months, as discussed during weekly sessions with the clinician.

Client will state at least 3 connections between anxiety and underlying wishes or thoughts, over the next 6 months, as reported by the client.

Client will educate parents with at least 10 characteristics of feelings of anxiety, over the next 6 months, as reported by the parents and documented to clinician.

Client will explore and resolve at least 2 ways in which family conflicts lead to worry and fear, over the next 6 months, as reported by client and family.

Client will learn at least 10 positive imagery techniques, over the next 6 months, as self-reported by the client.

Client will identify at least 7 instances in the past when anxiety has been absent or successfully overcome, over the next 4 months, as reported by the client.

Client will role play 2-3 reality-based cognitive messages that alleviate anxiety, over the next 6 months, as discussed between the clinician and client.

Client will complete at least 10 activities from an anxiety/phobia workbook, over the next 6 months, as documented to the clinician in weekly sessions.

Client will reduce anxiety down to 0-2 (Likert scale 0-10) by learning 3-5 new coping skills through mindfulness, deep breathing, and other calming strategies and practicing weekly in session with clinician over the next 6 months.

Client will identify, challenge and replace fearful/negative self-talk with positive, realistic and empowering self-talk, and will explore 1 item weekly in session with clinician over the next 6 months.

Client will verbalize an understanding of the role that fearful thinking plays in creating fears, excessive worry, and persistent anxiety symptoms and explore at least 1 item weekly in session with clinician over the next 6 months.

Client will be able to list 6 coping skills she can use for at least 5 different stressful possible scenarios, over the next 6 months, as reported by the client.

Client will be able to use quantum breathing at least 3 times a day when feeling anxious or depressed, over the next 6 months, as reported by the client.

Domestic Violence/Family Issues

Client will explore at least 2 upsetting memories regarding domestic violence issues in the family, over the next 6 months, as reported by client during sessions.

Client will identify 4 feelings of domestic violence, through therapeutic games and artwork, over the next 6 months, as documented by the clinician.

Client will complete at least 5 homework assignments designed to identify violence in the home, over the next 6 months, as documented by the clinician.

Client will reduce the number of times he is affected by parents or family arguing down to 1 x per week on average over a period of 6 months, as self-reported by client.

Client will explore at least 10 feelings about the family system and its dysfunctions, over the next 6 months, as reported by the client in weekly sessions.

Client will make a list of 4-5 ways to get along better with client's family members, over the next 6 months, as reported by the client and parents.

Client will explore and list 10 reasons why parents and the client argue and have difficulty communicating issues, over the next 6 months, as reported by client and parents.

Client's parents will be instructed on at least 9 basic parenting skills in order to alleviate issues within the family, over the next 6 months, as documented by the clinician.

Client will role-play and explore at least 3 patterns of behaviors that client and/or family engages in, over the next 6 months, as observed by clinician.

Self-Esteem/Social Skills

Client will become involved in at least 1 pro-social activity or extracurricular activity in order to increase self-image, over the next 6 months as reported by parents.

Client will identify at least 4 human needs and how those needs are related to interactions with other people, over a period of 6 months as self-reported during sessions or observed by clinician

Client will learn at least 10 communication skill strategies to positively interact with others, over a period of 6 months as self-reported during sessions.

Client will verbalize 5 ways to be aware of his self-esteem and negative self-defeating statements, over the next 6 months, as reported to the clinician.

Client will explore 2 ways to increase the frequency of speaking up in public situations, over the next 6 months, as self-reported by the client.

Client will participate in at least 1 therapeutic game designed to increase client's self-confidence, over the next 2 months, as evidenced by participation in the session with the therapist.

Client will identify and explore 11 self-defeating behaviors over the next 6 months, as self-reported by the client during sessions with the clinician.

Client will complete 20 self-esteem activities from provided workbook, over the next 6 months, as documented and observed by the clinician.

Client will role-play 4 mirror exercises designed to increase self-confidence, over the next 6 months, as reported by the client during weekly sessions with clinician.

Client will identify 7 instances in the past in which she was rejected by others (peers, family), over the next 6 months, as self-reported to the therapist.

Client will report at least 1 instance in which she accepted positive praise from adults or peers, over the next 6 months, as self-reported to the clinician, or reported by the parents.

Client will identify 10 positive self traits and talents, over the next 6 months, as documented in the notes and discussed during sessions.

Client will identify 3 negative automatic thoughts, and will replace them with 3 positive ones, over the next 6 months, as reported to the clinician.

Client will make a list of 6 ways to make positive eye contact with other people, over the next 6 months, as explored between the clinician and the client.

Client will read at least 1 self-esteem-related book and will explore 10 feelings about what he read, over the next 6 months, as reported to the clinician.

Client will identify at least 9 actions that can be taken to improve client's self-image in the school or at home, over the next 6 months, as reported to the clinician or reported by mother.

Client will confront and explore at least 2 self-disparaging comments, over the next 6 months, as discussed between the clinician and therapist and documented on notes.

Client will become aware of 2 expressions of negative feelings in everyday life, over the next 6 months, as reported to the clinician.

Client will engage in at least 2 pro-social activities per week over the next 6 months, as reported by client's parents or observed by clinician.

Client will complete at least 5 homework assignments designed to increase social skills, over the next 6 months, as documented by the clinician.

Client will identify 5 feelings of poor socialization with others through therapeutic games and artwork, over the next 6 months, as documented by the clinician.

Client will verbalize at least 14 positive communication skills that can be used around other people, over the next 6 months, as self-reported by client or reported by client's mother.

Sexual/Physical Abuse

Client will verbalize 8+ feelings about the abuse, over the next 6 months, as reported to clinician and documented in progress notes.

Client will explore 3-4 feelings about the environment where the physical abuse took place, over the next 6 months, as reported by the client.

Client will rebuild at least 10 aspects of client's self-worth and overcome the feelings of fear, shame, or sadness that resulted from physical abuse, over the next 6 months, as observed by the clinician.

Client will attend at least 1 time a victim support group for sexual abuse issues, over the next 6 months, as reported to the clinician by client or parents.

Client will verbalize and write down at least 3 ways in which abuse has affected feelings about self, over the next 6 months, as reported by the client and parents.

Client will explore 7 boundaries of respect with other people, over the next 6 months, as observed by the clinician and reported by the parents.

Client will explore at least 2 feelings of denial related to the abuse, over the next 6 months, as reported by the client or observed during sessions with the client.

Client will build a sense of empowerment by verbalizing such feelings at least 2 times over the next 6 months, during weekly sessions and as documented in progress notes.

Client will verbalize 5+ feelings about the abuse, over the next 6 months, as reported to clinician and documented in progress notes.

Client will rebuild at least 8 aspects of client's self-worth and overcome the feelings of fear, shame, or sadness that resulted from sexual abuse, over the next 6 months, as observed by the clinician.

Client will tell at least 5 characteristics of the most recent account of abuse, over the next 6 months, as self-reported and documented in progress notes.

Client will identify the nature, frequency, and duration of the sexual abuse by exploring 1 feeling about such concerns, over the next 6 months as self-reported by the client.

Client will identify and express at least 4 feelings connected to the physical abuse, over the next 2 months, as reported by the client and observed by clinician.

Client will verbalize at least 4 ways in which the perpetrator should be punished for the abuse, over the next 4 months, as documented in a journal.

Client will write at least 1 fake letter to the perpetrator asking to take responsibility for the abuse and sharing feelings about the abuse, over the next 5 months, as reported by client.

Client will explore at least 10 examples of good versus bad touching, over the next 6 months, as reported by the client and observed by the clinician.

Client will learn at least 5 characteristics of the cycle of violence that contributes to physical abuse in the family system, over the next 6 months, as reported by client.

Client will explore 2 feelings of distrust in the family system that might lead to issues of abuse and neglect, over the next 6 months, as discussed in weekly sessions with clinician.

Client will identify at least 10 triggers of violence which leads to sexual or physical abuse, over the next 6 months, as reported by the client.

Client will write down 6 ways to help other people who have gone through sexual abuse issues, over the following 6 months, as reported by the client and documented by the clinician.

Client will reduce and explore 5 expressions of rage and aggressiveness that stem from the physical abuse, over the next 6 months, as reported by parents, client, and observed by clinician.

Client will decrease the feelings of being a victim by exploring 2-3 ways to be more assertive with others, and around the perpetrator if necessary, over the next 6 months, as observed by the therapist.

Client will explore 4 ways to increase levels of trust in others which will lead client to trust other people, over the next 6 months as self-reported by client.

Client will use her strength of being artistic to draw/paint/collage/ or otherwise design a visual representation of her 'safe place', over the next 6 months, as reported by the client.

Client will use her interest in writing to journal at least 3x a week and/or write a heroic narrative about an event in her past over the next 6 months, as reported by the client.

Client and her mom will be able to discuss 5 ways their relationship has changed since the traumatic event and their feelings about those changes, over the next 6 months, as reported by the client.

Impulse Control (incl. sexual offenses)

Client will identify and verbalize 6 contributing factors that lead to poor impulse control, in weekly sessions for the next 6 months as observed by clinician.

Client will identify and verbalize 7 annoying or impulsive behaviors that have negatively impacted others, over the next 6 months, as verbalized by client during sessions.

Client will identify and learn at least 4 stop-and-think techniques, in weekly sessions for the next 6 months as observed by clinician or reported by client.

Client will learn 4 meditational and self-control strategies (e.g. stop-look-listen-think) to delay gratification, over the next 6 months, as reported to clinician.

Client will reduce the number of times she displays a lack of self-control regarding her everyday behaviors and actions down to 1 time per week over the next 6 months as observed by clinician and/or reported by client or family.

Client will be able to identify and process 6-8 triggers that contributed to the lack of self control regarding sexual battery, during weekly sessions with clinician, for the next 6 months as reported by the client.

Client will create a plan with 10-20 items on how not to re-offend and avoid sexual or lewd behaviors in the future, over the next 6 months, as noted on progress notes or documented in clinician's notes.

Client will identify and engage in at least 10 activities that improve his impulse control and polite behaviors around other people, as observed by clinician, over the next 6 months.

Client will identify and verbalize 10 positive touches and 10 negative touches with other people, over the next 6 months as reported by teachers or parents.

Client will identify and explore at least 5 personal feelings or frustrations related to the sexual battery, through play therapy or cognitive therapy, over the next 6 months as reported by teachers or Client's mother.

Grief/Loss/Trauma

Client will complete at least 4 homework assignments designed to reduce feelings of grief and loss, over the next 6 months, as documented by the clinician.

Client will describe at least 2 times the traumatic event in as much detail as possible, over the next 6 months, as self-reported by the client during sessions.

Client will learn at least 4 of the steps of grief, and will role play them with the clinician, over the next 6 months, as explored by the client and the therapist.

Client will recall at least 10 important factors about the traumatic event, over the next 6 months, as discussed between client and clinician in weekly sessions.

Client will describe 4-5 feelings that were experienced at the time of the trauma, over the next 5 months, as reported by the clinician during sessions with the client.

Client will identify and list 5 symptoms of PTSD, over the next 6 months, as reported by the client and documented by therapist.

Client will describe at least 3 ways in which the loss/trauma has affected personal relationships and functioning, over the next 6 months, as reported by the client and family.

Client will explore at least 5 feelings about the loss, over the next 6 months, as documented by clinician and reported by the client.

Client will sleep 5 out of 7 nights without being disturbed by bad dreams about the trauma or loss, over the next 6 months, as reported by the client.

Client will describe and list 5-6 upsetting memories about the loss, over the next 6 months, as reported by the client and documented by client.

Client will explore at least 2 nightmares that are related to the loss/trauma, over the next 6 months, as reported by the client.

Client will learn 9 emotional techniques to reduce the emotional reaction to the traumatic event, over the next 6 months as reported by the client.

Client will participate at least 4 times in family sessions to explore issues of the loss, over the next 6 months, as documented by clinician.

Client will utilize at least 1 relaxation technique to explore feelings of grief, over the next 6 months, as reported by the client.

Client will have reprocessed at least 3 traumatic events of her past, over the next 6 months, as reported by the client.

Client will work with therapist to be able to recall and process at least 3 upsetting memories and be able to discuss their impact on life, over the next 6 months, as reported by the client.

Client will be able to implement at least 4 coping skills to be able to reduce the impact of traumatic symptoms to be able to return to effective functioning, over the next 6 months, as reported by the client.

Client will be able to identify, discuss and process at least 3 emotions associated with trauma-related symptoms, over the next 6 months, as reported by the client.

Client will learn, practice and implement 3-5 relaxation techniques, coping skills and cognitive coping strategies to manage his symptoms of trauma related stress therapeutically including breathing techniques, meditation and positive thought replacement and practice at least 1 new skill weekly in session with, over the next 6 months, as reported by the client.

Client will increase comfort and ability to talk and think about the trauma he experienced without emotional stress. He will practice through discussion, play and role-play 1x weekly in session with clinician, over the next 6 months, as reported by the client.

Client will learn at least 3-5 ways to verbalize, express facts and feelings surrounding the death of his father and experienced trauma through, role-play, art, story-telling weekly in session with clinician, over the next 6 months, as reported by the client.

Client will verbalize 5 ways to be aware of his self-esteem and negative self-defeating statements and explore at least 1 item weekly through discussion, role-play or writing in session weekly with clinician, over the next 6 months, as reported by the client.

Client will learn and implement skills learned in therapy to increase his self-esteem and sense of empowerment in order to improve his overall level of functioning and quality of life for himself

Client and his interpersonal relationships with others. He will explore through discussion, role-play or creativity in session weekly with clinician, over the next 6 months, as reported by the client.

Inattention/Hyperactivity

Client will reduce inattentive behaviors down to 0 x per week over a period of 6 months, as reported by client, guardian, or observed by the clinician.

Client will attend 1 psychiatric evaluation session with the doctor, over the next 6 months, as reported by parent and documented in client's chart.

Client's parents will identify 2 positive and realistic methods for discipline for the client, over the next 6 months, as evidenced by reports and discussions between therapist and parents.

Client will complete at least 10 homework assignments designed to reduce inattention or hyperactivity, over the next 6 months, as documented by the clinician.

Client will help in establishing 1 routine schedule to complete household chores, homework assignments, and other tasks, over the next 6 months, as documented by the clinician in notes.

Client's parents will develop and utilize an organized system with at least 3 processes to keep track of school assignments, over the next 6 months, as reported by the parents.

Client and parents will learn and verbalize at least 2 ways to reinforce client's on-task behaviors, over the next 4 months, as reported to the clinician weekly.

Client will learn 10 effective study skills tailored to increase attention span, over the next 6 months, as explored between the client and the clinician in sessions.

Client will verbalize at least 6 symptoms and behaviors related to ADHD, over the next 6 months, as reported by the client and parents.

Client will describe at least 5 ways to control her inattentive behaviors, over the next 6 months, as self-reported by the client during sessions.

Client will describe at least 7 ways to control her hyperactive behaviors, over the next 6 months, as self-reported by the client during sessions.

Client will make a list of 10 ways to increase his concentration skills in the classroom, over the next 4 months, as reported by the client or the teachers.

Client will stay sitting with the clinician in sessions for at least 5 minutes at a time, over the next 5 months, as documented by the clinician.

Client will make a list of at least 6 effective reinforcements that he would like parents to use at home, over the next 6 months, as self-described by the client during sessions.

Client will describe 3 ways to reduce excessive motor activity on a daily basis, over the next 6 months, as discussed between the clinician and client in sessions.

Client will implement at least 3 coping skills in order to gradually increase focus, attention and concentration, over the next 6 months, as reported by the client.

Client will be able to exhibit the ability to accurately follow 1- and 2- step directions with no more than 2 prompts, over the next 6 months, as reported by the client.

Client will engage in at least 2 activities in order to be able to increase self- management and attention through the participation of calming activities, over the next 6 months, as reported by the client.

Parent and the school will work together to implement at least 3 different strategies in order to create changes in the classroom setting and his home to improve Colton's potential for focused attention, over the next 6 months, as reported by the client.

Eating Disorders

Client will describe 4-5 behavioral patterns of over-eating, avoiding eating, or controlling calories, over the next 6 months, as reported by the client.

Client will undergo at least 1 full physical exam by the primary care physician, over the next 6 months, as reported by the client's parents.

Client will explore at least 5 family issues that are underlying issues for over/under eating, over the next 6 months, as reported by the client.

Client will make a list of food intakes at least 2 times per day, and will explore feelings about eating with the clinician, over the next 6 months, as evidenced in progress notes.

Client will list 3 ways on how to stop hoarding foods, over the next 6 months, as reported by the client and client's parents.

Client will keep a daily journal of at least 3 food intakes, thoughts, and feelings regarding client's eating behaviors, over the next 6 months, as self-reported by the client.

Client will verbalize 5 feelings of realistic bodily image issues, over the next 6 months, as self-reported by the client during sessions.

Client will make a list and explore at least 15 irrational beliefs about self-image, eating, and relationships with others, over the next 6 months, as reported by the client.

Client will verbalize 5 feelings on how depression, anger, or other mental health issues affect client's eating patterns, over the next 6 months, as documented by the clinician in progress notes.

Substance Abuse

Client will reduce substance abuse down to 0 x per week over a period of 6 months, as reported by client, guardian, or observed by the clinician.

Client will complete a relapse prevention plan to include identifying and discussing at least 8 triggers to marijuana use over the first 6 months of treatment during weekly sessions as documented in notes.

Client will explore, identify and demonstrate 4 positive strategies for refraining from drug/alcohol use during weekly sessions within the next 6 months as reported by clinician and/or client,

Client will identify and state 10 triggers or risky situations that contribute to the use of illegal substances during weekly counseling sessions over the next 6 months as observed by clinician.

Client will make a list of at least 5 physical characteristics of substance abuse, over the next 6 months, as reported by the client.

Client will make a list of at least 7 emotional characteristics of substance abuse, over the next 6 months, as reported by the client.

Client will make 3 connections between positive and negative friendships, and his substance abuse, over the next 6 months, as observed by therapist in sessions.

Client will learn and explore 3 long term consequences of using drugs in the client's life, over the next 6 months, as discussed by client and observed by therapist in sessions.

PSR

Client will learn and utilize at least 10 vocational/job related skills such as resume writing, job searching skills, and interviewing skills within 6 months.

Client will learn and utilize at least 20 social skills/independent living skills including laundry, household management skills, learn to access and utilize public transportation, accessing and utilizing community services such as 211 within 6 months.

Client will learn and utilize at least 5 medication management skills including learning what medications they are taking, when they are scheduled, how much to take, why they are prescribed, filling up pill minder, and learning about over the counter medications within 6 months.

Client will learn and utilize at least 15 food and nutrition skills including meal planning, shopping, nutritional assertiveness, etc. within 6 months.

Client will learn and utilize at least 10 money management skills including writing checks, opening a saving or checking account, creating a monthly budget, paying bills, balancing check register, etc. within 6 months.

() Pre-vocational, job training, matching, and/or support Client will learn and utilize at least 10 vocational/job related skills such as resume writing, job searching skills, and interviewing skills within 6 months.

Client will explore 20 techniques to improve and regain his interviewing skills, within 6 months, as reported by the client during PSR sessions.

Client will learn and utilize at least 7 ways to improve her current condition to feel more confident about herself in gaining employment, within 6 months, as reported by the client during PSR sessions.

Client will identify 17 ways to regain and redevelop his vocational abilities to be able to live more independently, within 6 months, as reported by the client during PSR sessions.

Client will learn and utilize at least 5 time and money management skills that will help the client successfully cope with a full time job, including writing checks, opening a saving or checking account, creating a monthly budget, paying bills, balancing check register, etc. within 6 months.

() Budgeting and money management Client will learn and utilize at least 10 money management skills including writing checks, opening a saving or checking account, creating a monthly budget, paying bills, balancing check register, etc. within 6 months.

Client will identify 22 techniques to redevelop her skills creating a budget, to be able to live more independently, within 6 months, as reported by the client during PSR sessions.

Client will explore at least 18 techniques to redevelop her skills in paying her monthly bills, to be able to live more independently, within 6 months, as reported by the client during PSR sessions.

Client will explore at least 23 ways to redevelop her skills in budgeting and time management, to be able to live more independently, within 6 months, as reported by the client during PSR sessions.

Client will identify 17 ways to regain and redevelop his vocational abilities to be able to live more independently, within 6 months, as reported by the client during PSR sessions.

(___) Maintenance of the living environment Client will explore 14 ways to clean her home in order to cope better with her mood, within 6 months, as reported by the client during PSR sessions.

Client will identify 10-12 techniques to keeping her home in a clean and organized way, within 6 months, as reported by the client during PSR