

## **Examples of Measurable and Non-Measurable Treatment Goals**

### **Non-measurable goals**

- ❑ Patient will effectively manage their depression.
- ❑ Patient will decrease their depression by 50%.

### **Measurable, time-limited goals**

- ❑ Patient will score 20 or below on the Beck Depression Inventory for 5 consecutive sessions. Target Date: 10/1/2014.
- ❑ Patient's score on the PHQ-9 will be reduced from 20 currently to 10 or less. Target Date: 10/1/2014.
- ❑ Patient's depression severity will be reduced from 8 currently to 3 or less (based on self-report 1-10 scale). Target Date: 10/1/2014.
- ❑ Patient will verbalize to therapist at least 3 coping skills for managing depression. Target Date: 10/1/2014.
- ❑ Patient will complete a medication evaluation with their medical provider. Target Date: 10/1/2014.

### **Non-measurable goal**

- ❑ Patient will be less isolated.

### **Measurable, time-limited goal**

- ❑ Patient will initiate 2 or more social contacts per week for the next 4 weeks. Target Date: 10/1/2014.

### **Non-measurable goal**

- ❑ Patient will address their alcohol abuse.

### **Measurable, time-limited goals**

- ❑ Patient will attend at least 2 AA meetings per week for 10 consecutive weeks. Target Date: 10/1/2014.
- ❑ Patient will verbalize to therapist at least 3 triggers to drinking. Target Date: 10/1/2014.

### **Non-measurable goal**

- ❑ Patient will have less obsessive-compulsive behavior.

### **Measurable, time-limited goal**

- ❑ Patient's reported time engaged in obsessions and compulsions will be reduced from 2 hours per day currently to 1 hour per day or less. Target Date: 10/1/2014.

### **Non-measurable goal**

- ❑ Patient will learn to control their anger.

### **Measurable, time-limited goal**

# Measurable Treatment Goals

**Arthur E. Jongsma, Jr.**



## Measurable Treatment Goals:

**Integrated Treatment for Dual Disorders** Kim Tornvall Mueser, 2003-04-25 A guide for health and medical practitioners discusses treatment of patients with both psychiatric disorders and substance abuse problems 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 Social Workers' Desk Reference Albert R. Roberts, 2009 This is a new edition of the wildly successful everyday reference for social workers Like the first edition it has been crafted with the help of an extensive needs assessment survey of educators and front line practitioners ensuring that it speaks directly to the daily realities of the profession It features 40% new material and a more explicit focus on evidence based practice *LMSW Exam Prep* Michael Phillips, 2025-11-05 What if I told you that preparing for the LMSW exam with confidence without stress without confusion and without feeling overwhelmed can become your reality If you re worried you won t pass on the first attempt or certain social work domains still feel unclear then following a structured clinically aligned study plan can be your answer It can significantly strengthen your understanding of human development assessment interventions ethics and professional practice It s so effective because every chapter mirrors ASWB exam logic using simple explanations real case examples and clear reasoning steps that match how licensed social workers think All lessons follow the official ASWB content outline making this guide ideal for social work students new graduates and retakers who want a predictable organized path to passing So whether you ve been in the field for years or you re fresh out of your MSW program this guide supports every starting level You don t need advanced clinical experience to benefit but it becomes even more powerful if licensure is your next step So you get one study guide built for busy students interns and professionals who need a simple dependable way to prepare And if you feel unsure whether this can truly help don t worry Inside this guide you ll find clean explanations practical examples and exam specific strategies designed to make complex topics easier to understand You don t need long study sessions Even with just 30 minutes a day this system helps you learn efficiently and build real confidence This works best if you want a cost effective prep method without overwhelming textbooks or overpriced courses Whether you struggle with ethics interventions practice models DSM terminology or assessment questions every chapter teaches you exactly how to think the way the LMSW exam expects Here is just a fraction of what you ll discover inside this book A complete 4 week LMSW study plan with daily goals Full ASWB content coverage Human Development Assessment Intervention Diversity Ethics Counseling theories

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**Design** Scout Lee, Carol Ann Peterson, 1984 Presents a comprehensive and integrated method for program design and evaluation Uses a systems approach to program planning with step by step procedures Information related to activity analysis treatment plans and management concerns are examined      **The Chemical Dependence Treatment Planner** Robert R. Perkinson, Arthur E. Jongsma (Jr.), 1998 This valuable professional resource makes it easier than ever for professionals who treat chemically dependent patients to write polished effective treatment plans that satisfy all the demands of HMOs managed care companies third party payers and state and federal review agencies This comprehensive planner provides problem definitions treatment goals objectives interventions and DSM IV diagnoses for 29 substance abuse related problems      The Couples Psychotherapy Treatment Planner K. Daniel O'Leary, Richard E. Heyman, Arthur E. Jongsma, 1998 Organized around 31 major presenting problems including jealousy midlife crisis parenting conflicts and sexual abuse Includes disk that allows the data in the book to be imported into TheraScribe 3.0 as an add on module Workbook style pages

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