

Depression treatment plan

Client	Emily Davis
Diagnosis	Major Depressive Disorder (MDD)
Goal	Increase engagement in pleasurable activities and improve mood.

SMART Objective	The Client will engage in at least 3 pleasurable activities per week and report a 40% improvement in mood after 6 weeks, measured using the PHQ-9.
Interventions	<ul style="list-style-type: none">• Implement a behavioral activation plan with scheduled activities.• Introduce mindfulness and journaling exercises to increase awareness of mood shifts.
Progress Measures	<ul style="list-style-type: none">• Weekly PHQ-9 assessments.• Activity tracking through a client journal.

Measurable Treatment Goals For Depression

Donald E. Wiger



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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 compliance reflecting the latest The Joint Commission TJC and CARF regulations A new chapter covering the most current format on screening information for referral sources Increased coverage of clinical outcomes to support the latest advancements in evidence based treatment A CD ROM with all the ready to copy forms in Microsoft Word format allowing for customization to suit a variety of practices From intake to diagnosis and treatment through discharge and outcome assessment *The Clinical Documentation Sourcebook* Fourth Edition offers sample forms for every stage of the treatment process Greatly expanded from the Third Edition the book now includes twenty six fully completed forms illustrating the proper way to fill them out Note CD ROM DVD and other supplementary materials are not included as part of eBook file

Quality of Life Therapy Michael B. Frisch, 2006-01-13

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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

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Comprehensive Textbook of Psychiatry Benjamin J. Sadock, Virginia A. Sadock, Pedro Ruiz, 2017-05-11 50th Anniversary Edition The cornerstone text in the field for 50 years Kaplan Sadock's Comprehensive Textbook of Psychiatry has consistently kept pace with the rapid growth of research and knowledge in neural science as well as biological and psychological science This two volume Tenth Edition shares the expertise of over 600 renowned contributors who cover the full range of psychiatry and mental health including neural science genetics neuropsychiatry psychopharmacology and other key areas It remains the gold standard of reference for all those who work with the mentally ill including psychiatrists and other physicians psychologists psychiatric social workers psychiatric nurses and other mental health professionals **Depression,**

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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 **Contemporary Psychotherapies** Steven J. Lynn, John P.

Garske, 1985 The Behavior Therapist, 2001 Depression Henny H. Kim, 1999 Experts estimate that as many as 18 million Americans suffer from depression The essays included in this volume present a general introduction to the various types of depression current and potential treatments for the disorder and the way in which depression affects its victims and

their families Tracking Mental Health Outcomes Donald E. Wiger, Kenneth B. Solberg, 2001-03-30 This book provides therapists guidance on choosing the best outcomes tracking methods and instruments It explains how to integrate them into everyday clinical procedures and use the data they supply to improve the quality of care and comply with insurance and regulatory agency requirements Both intraclient and normative approaches are described Case studies illustrate how to perform and document outcomes assessment Wiger is a practicing psychologist Solberg teaches at the Minnesota School of Professional Psychology Annotation copyrighted by Book News Inc Portland OR

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