

Sample Treatment Goals and Interventions for Depression

Treatment goals	Interventions
Eliminating suicidal ideation	Cognitive restructuring, removing access to means, setting up a contract to contact therapist, developing coping strategies for suicidal impulses; developing short-term and long-term goals
Reducing hopelessness	Examining reasons for hopelessness, examining evidence for and against it, behavioral experiments, activity scheduling
Engaging in one rewarding activity/day	Reward planning, activity scheduling, graded task assignment
Reducing negative automatic thoughts	Cognitive restructuring, distraction
Sleeping 7-8 hours/night	Relaxation, insomnia treatment plan
Reducing rumination	Antirumination interventions, metacognitive therapy techniques
Engaging in one assertive behavior/day	Assertion training
Increasing social contacts (three/week)	Social skills training, reward planning, activity scheduling
Increasing self-reward for positive behaviors (one/day)	Reward planning, self-reward
Modifying maladaptive assumptions	Cognitive restructuring, behavioral experiments
Modifying schema of worthlessness (or other schemas-specify)	Cognitive restructuring, developmental analysis, schema work, empty-chair technique, writing letters to origins of schemas, developing adaptive schemas
Eliminating impairment (specify - depending on impairments, this may be several goals)	Cognitive restructuring, problem-solving training, or other skills training (specify)
Eliminating most or all depressive symptoms (BDI-II < 10 for 1 month)	All of the above
Acquiring relapse prevention skills	Reviewing and practicing techniques as necessary

Sample Treatment Goals and Interventions for Panic Disorder and Agoraphobia

Treatment goals	Interventions
Reducing physical symptoms of anxiety/panic	Muscle and breathing relaxation training
Acquiring breathing skills	Breathing relaxation and rebreathing training
Eliminating conditioned anxiety response to physical sensations	Exposure
Stating belief that physical anxiety symptoms are not harmful	Cognitive restructuring, behavioral experiments
Engaging in all previously avoided activities	Exposure
Eliminating safety behaviors	Exposure
Modifying schemas of vulnerability and need for control (or other schemas-specify)	Cognitive restructuring, developmental analysis
Reporting that fear of future panic attacks has been reduced to less than 1 on a scale of 0-10	Cognitive restructuring, skills review, and practice
Eliminating impairment (specify-depend on impairments, this may be several goals)	Cognitive restructuring, problem-solving training, or other skills training (specify)
No panic attacks for 1 month	All of the above
Eliminating all avoidance behavior	All of the above
Scores on anxiety tests (BAI, PDSS, etc.) in normal range	All of the above
Acquiring relapse prevention skills	Reviewing and practicing techniques as necessary