

Sample Treatment Goals and Interventions for PTSD

Treatment goals	Interventions
Reducing symptoms of hyperarousal	Relaxation training
Reducing distress associated with memories to 2 or less on a scale of -10	Imaginal exposure
Eliminating avoidance of memories	<i>In vivo</i> exposure
Engaging in previously avoided activities (specify)	<i>In vivo</i> exposure
Eliminating anger outbursts	Anger management training
Increasing range of affect	Exposure to emotional cues
Increasing social contacts to three times a week	Activity scheduling, support groups
Eliminating feelings of guilt	Cognitive restructuring
Stating reduced belief (10%) in schemas of danger, lack of predictability/control (or other schemas-specify)	Cognitive restructuring, developmental analysis
Eliminating intrusive memories (and/or flashbacks/nightmares)	Imaginal exposure
Eliminating impairment (specify-dependending on impairments, this may be several goals)	Cognitive restructuring, problem-solving training, or other skills training (specify)
Finding sources of meaning in life	Life review, activity scheduling/reward planning
Eliminating all anxiety symptoms (PCL scores in normal range)	All of the above
Acquiring relapse prevention skills	Reviewing and practicing techniques as necessary

Interventions

Sample Treatment Goals and Interventions for Specific Phobia

Treatment goals	Interventions
Reducing physical symptoms of anxiety	Exposure
Stating reduced fear of phobic object/situation phobic object	Cognitive restructuring
Reporting anxiety <1/10 when encountering phobic object/situation	Exposure
Modifying schemas of danger and vulnerability (or other schemas—specify)	Cognitive restructuring, cost–benefit analysis
Eliminating all avoidance, escape, and safety behaviors	Exposure
Eliminating impairment (specify—depending on impairments, this may be several goals)	Cognitive restructuring, problem-solving training, or other skills training (specify)
Eliminating all anxiety symptoms (test scores in normal range)	All of the above
Acquiring relapse prevention skills	Reviewing and practicing techniques as necessary

Sample Treatment Goals and Interventions for Obsessive-Compulsive Disorder

Treatment goals	Interventions
Reducing physical anxiety symptoms	Imaginal exposure
Reporting obsession-related distress less than 2 on a scale of 0–10	Exposure
Eliminating compulsions (specify)	Response prevention
Stating belief that anxiety is not dangerous and can be tolerated	Cognitive restructuring, exposure
Stating understanding that seeking perfect certainty exacerbates symptoms	Cognitive restructuring
Modifying schemas of danger and responsibility (or other schemas—specify)	Cognitiving restructuring, developmental analysis
Engaging in previously avoided behaviors (specify)	<i>In vivo</i> exposure
Reducing functional impairment (specify— depending on impairments, this may be several goals)	Cognitive restructuring, problem-solving training, or other skills training (specify)
Reducing anxiety symptoms (MOCI and/or OCQ scores in normal range)	All of the above
Acquiring relapse prevention skills	Reviewing and practicing techniques as necessary