Treatment Plan Cheat Sheet

Beyond the Mirror Counseling & Wellness

A treatment plan clarifies what the client is working toward and how therapy will support that work. Treatment plans do not need to be lengthy or complicated. Clear goals with specific, measurable objectives are sufficient and clinically sound.

Structure of a Treatment Plan

- Most treatment plans include about three goals
- Each goal typically has 1–3 objectives
- Objectives should be specific, observable, and measurable
- More objectives are not better—clarity matters

Goals

What the client wants to work toward

Goals describe broad areas of change or growth. They should be meaningful to the client and aligned with clinical needs.

Examples of goals:

- Reduce symptoms of anxiety
- Improve emotional regulation
- Increase insight and self-awareness

- Strengthen coping skills
- Improve interpersonal relationships

Objectives

How progress toward the goal will be measured

Objectives break goals into smaller, concrete steps. Strong objectives describe what will change, how often, or within what time frame.

A measurable objective usually includes:

- A specific behavior or skill
- A measurable element (frequency, number, or timeframe)

Ask yourself:

How will I know this objective is being met?

Example of a Complete Goal with Objectives

Goal: Improve emotional regulation

Objectives:

- Client will identify at least three emotional triggers within the first four sessions.
- Client will practice two grounding strategies at least three times per week and report effectiveness in session.

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10 Example Treatment Plan Goals

1. Reduce symptoms of anxiety
2. Improve emotional regulation skills
3. Increase insight into emotional patterns
4. Strengthen coping skills for stress
5. Improve self-esteem and self-confidence
6. Enhance interpersonal communication
7. Increase distress tolerance
8. Improve ability to set and maintain boundaries
9. Increase use of healthy coping strategies
10. Support overall emotional stability

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10 Examples of Measurable Objectives

1. Client will identify at least three emotional triggers contributing to distress within the first month of treatment.
2. Client will practice two coping strategies during periods of distress at least twice per week.
3. Client will accurately identify and name emotions in 4 out of 5 sessions.
4. Client will practice one boundary-setting skill in a real-life interaction and process the outcome in session.
5. Client will reduce frequency of panic symptoms from daily to fewer than three times per week over eight weeks.

6. Client will complete between-session practices at least once per week.
7. Client will identify and reframe unhelpful thought patterns during sessions.
8. Client will improve sleep duration from 4–5 hours to 6–7 hours per night within two months.
9. Client will demonstrate use of grounding strategies before emotional escalation in 3 out of 5 situations discussed.
10. Client will engage in intentional self-care activities at least three times per week, as self-reported.

Helpful Reminders

- Goals and objectives should be collaborative and client-centered
- Objectives should reflect observable change
- Treatment plans can be updated as clients grow and goals evolve
- When unsure, consult with supervision or seek consultation