

Track a Meaningful Treatment Goal

Clinical practice and supervision | Clinicians | 10 to 15 minutes

Translate a client-defined goal into observable indicators and a review plan.

A useful goal connects to a change the client values in daily life. This page supports collaborative planning and review. Its ratings or observations are informal indicators, not validated measures, diagnostic thresholds, or proof of treatment effectiveness.

Start with the life change

Ask what would become possible if therapy helped. Example: "I want to speak during meetings instead of avoiding them." Describe the current pattern using the client's report and relevant observations without inventing a baseline.

Choose a fair indicator

Select a behavior, frequency, duration, or client-defined marker. Include context: attending one meeting may depend on whether meetings were offered. Use an appropriate validated measure separately when clinically indicated and permitted.

Review the meaning of change

Set a date to revisit the goal. Ask whether the indicator still reflects what matters and whether progress came with unwanted costs. Modify the goal, intervention, or supports when evidence suggests a poor fit.

The valued life change in the client's words

Current pattern and the source of that information

Observable indicator and relevant context

Review date and criteria for revising the plan