

Therapy Bundle: SMART Goals Treatment Planning Guide & Progress Notes Cheat Sheet



Anxiety Disorders

1. Client will identify at least three individual triggers of anxiety and discuss them in therapy sessions over the next month.
2. Client will practice cognitive restructuring techniques to challenge thoughts of fear for three weeks for the next two months.
3. Client will learn and implement relaxation techniques such as deep breathing, progressive muscle relaxation, or mindfulness exercises at least three times a week for the next four months.
4. Client will identify and maintain a consistent sleep routine, aiming for seven to eight hours of quality sleep per night, for the next two months.
5. Client will gradually expose themselves to anxiety-provoking situations, starting with easily tolerable situations and gradually progressing to more challenging ones, at least once a week for the next six months.
6. Client will establish and maintain a support system by actively participating in or support group or seeking out individuals who have successfully managed their anxiety disorders, attending meetings or sessions at least once a month for the next year.
7. Client will regularly engage in physical activities or exercises that promote relaxation and stress reduction, such as yoga, swimming, or hiking, for an minimum of three times per week for the next six months.
8. Client will work with the therapist in creating a personalized anxiety management plan, including coping strategies and tools, to implement in daily life, and review and update it every three months for the next year.
9. Client will practice self-care activities and engage in planned activities in various settings of therapy sessions, aiming for at least two hours per week for the next three months.
10. Client will monitor and track their progress and symptoms using a journal or a digital tool, reporting any significant changes in symptoms during therapy sessions, for the next year.
11. Client will engage in regular self-reflection and journaling to explore underlying thoughts, emotions, and patterns related to their anxiety, aiming for at least three times a week for the next six months.
12. Client will actively challenge and dispute irrational or negative thoughts with more realistic and positive ones through thought-restructuring or reframing techniques, practicing at least two times a week for the next three months.
13. Client will identify and establish healthy boundaries in relationships, learning to assertively communicate their needs and limits, and practice implementing these boundaries at least once a week for the next six months.
14. Client will develop a crisis management plan in collaboration with the therapist, including coping strategies and emergency contacts, to manage acute anxiety episodes, and review and update it every three months for the next year.
15. Client will explore and address any underlying medical or psychological issues contributing to their anxiety through medical checkups or specific therapy interventions, attending relevant therapy sessions or medical appointments as needed for the next year.

16. Therapist assessed client's:
 - Perception of progress and treatment effectiveness
 - Satisfaction with therapy and therapeutic relationship
 - Barriers to engagement in therapy or treatment adherence
 - Impact of therapy on overall well-being and quality of life
 - Client's goals for future personal growth and development
17. Therapist discussed the importance of:
 - Self-awareness and self-empowerment
 - Resilience and bouncing back from setbacks
 - Flexibility and adaptability in the face of change
 - Identifying strengths and leveraging strengths
 - Embracing the process of growth and embracing challenges
 - Healthy goal setting
 - Seeking support
 - Mindfulness to increase present-moment awareness
18. Therapist explored client's:
 - Strength-based perspectives on personal growth
 - Resilience and problem-solving skills
 - Coping skills and resilience-building strategies
 - Personal accomplishments and resources
 - Positive changes in thought patterns and behaviors
19. Therapist addressed the impact of:
 - Trauma on client's overall health and well-being
 - Triggers and boundaries related to trauma
 - Coping with post-traumatic stress symptoms
 - Healing and recovery from trauma-related experiences
 - Building a sense of safety and trust in the present
20. Therapist discussed with client:
 - The therapeutic process and collaborative approach
 - Confidentiality and creating a treatment plan
 - Integration of therapy goals with personal values
 - Flexibility in adjusting treatment approaches
 - Assessment of progress and growth in therapy
21. Therapist encouraged client to explore:
 - Supportive and nurturing relationships
 - Healthy life habits and routines

36
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Smart Progress Notes

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