

Developing Treatment Goals for Evaluation

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Please fill in with your notes.

Mental Health Evaluation Model

Treatment Goals

Goals are...

Specific
Measurable
Achievable
Realistic
Time Specific

Outcomes of Treatment & Personal Growth Experiences

The Treatment Goal Formula
Client will...

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How to set Goals

Client-centered: empowering the client to set goals in their own words.

How to set objectives:

Developing Aligned Goals, Objectives

What are some “treatment goals/objectives” for clients who are seeking personal growth?

When should a goal or objective be discontinued or changed?

Balancing Client-Centered Treatment Goals and Evaluation-Oriented Goals:

Barriers to Client Centered/Person-Centered Treatment Goals:

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Examples of Natural Assets:

Client-Centered Goal Setting:

Managing the Inherent Conflict between Person-Centered Evaluation-Oriented Goals:

Example:

Client Centered Goal: *“I want to use the love for my child to motivate me to stop hanging out with people who try to get me to use.”*

Evaluation-Oriented Goal: *“Client will identify individuals who trigger his substance use and develop at least one strategy to avoid these individuals in the next month.”*

Treatment Goal-Setting Tool (In Development)

- Pilot phase with Care and Counseling Center of Georgia-
- Contains field for client-centered goals
- Generates simple checklist of treatment goals associated with particular clinical issues/therapeutic objectives
- Contains a field to quickly define number/frequency/quality
- Contains a field to define target date or duration

What challenges do you face in developing goals?

What successes have you had in developing goals?

Which types of goals do you tend to set...Client-Centered, Evaluation-Oriented or both?