



THERAPY GOALS GUIDE

Name :





THERAPY GOALS GUIDE

Therapy goals are crucial because they provide a clear direction and focus for therapy. They help you and your licensed mental health professional understand what you are working towards, making therapy more effective. Remember, therapy is a collaborative relationship, so you need to ensure that you're on the same page.

By setting specific objectives, it is easier to measure progress and see improvements, which will be a motivating force for you throughout therapy. These goals ensure that therapy is tailored to your needs. This is important because therapy must be personalized to be effective.

When you are involved in setting their own goals you will be more engaged and invested in your therapy. This process also helps build a strong partnership between the you and your licensed mental health professional, which is important for successful therapy. It's not only about the techniques that your clinician uses, but also about the therapeutic relationship you have with them that will help you reach your goals.

Goals give you a sense of control over your treatment and boost your confidence as you achieve them. They also provide clarity and hold both you and the licensed mental health professional accountable for making progress. Overall, therapy goals are key for knowing when therapy can be successfully concluded, ensuring that the time and resources in therapy are used effectively





IDENTIFY GOALS GUIDE

Therapy and goals go hand in hand. Here are some ways you can identify goals for yourself in therapy.
Ask yourself these questions.

How do I feel about my relationship with myself?

How do I feel about my relationships with others?

What are some traits I want to increase?

What are some traits I want to decrease?





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Therapy and goals go hand in hand. Here are some ways you can identify goals for yourself in therapy.
Ask yourself these questions.

Am I proud of the way that I handle conflicts? Would I like to identify ways to manage conflicts better?

What contributes to my daily stressors?

Am I happy? Is this the way I want to continue?

How do I define success in therapy





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Therapy and goals go hand in hand. Here are some ways you can identify goals for yourself in therapy.
Ask yourself these questions.

What would my ideal life or state of mind look like?

What are my strengths and how can I use them in therapy?

What have I tried in the past during my healing journey?
What worked and what didn't?

What effort am I willing to put forth to achieve my therapy goals





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