Goal Writing Worksheet

**Presenting Problem**: These are used to help identify problem dynamics

What does the client say is the problem(s)? Use the client’s words and phrases as much as possible*.*

1.

2.

3.

**Systemic Dynamic**: These are used to write your goals

Develop a case conceptualization based on “The Viewing: Case Conceptualization” section of each theory chapter. Identify 2-4 of the most salient problematic relational dynamics or discourse from the case conceptualization; these are the dynamics that are most likely to be contributing to the client’s presenting problem. In some cases, you will see that certain dynamics overlap or are related; in these situations, try to summarize these overlapping dynamics into one point below.

1.

2.

3.

**Symptoms**

Identify 2-4 of the most salient psychological symptoms or issues from the clinical assessment (e.g., depression, anxiety, substance use, conflict with loved ones, isolation, loss of interest, hallucinations, etc.). List these below.

1.

2.

3.

**Put It All Together**

This keeps you honest: Do all the pieces fit together?

|  |  |  |
| --- | --- | --- |
| **Presenting Problem** | **Dynamic** | **Symptom** |
| 1. |  |  |
| 2.  |  |  |
| 3. |  |  |

*Note: If for any reason you have symptoms that don’t seem to be related to the dynamics you chose, review your case conceptualization again. The pieces should fit together.*

**Evidence-Base Practice** (Optional): Helps you determine theory and technique

Use PsychInfo or a similar search engine to do a review of the research literature related to (a) the client’s presenting problem, (b) diagnosis, (c) personal demographics/diversity factors, and/or (e) your intended therapy approach. Describe the key interventions, techniques, or guidelines below.

1.

2.

3.

Based on the most salient dynamics and evidence-base as well as your client’s needs, which theory and/or techniques do you plan to use with this case?