Step Four: Objective Construction

The therapeutic process can begin by defining short-term goals that indicate a desired positive outcome to set broad goals for the resolution of the target problem. These statements need to be written in Step Three: Goal Development

in the participatory client.

Each problem that is selected for treatment focuses requires a specific definition about how it is evidenced.

Step Two: Problem Definition

So the clinician and the client agree on prioritization of issues for which help is being sought from the client and the therapist. The importance of the client in the resolution of the problem is clear to the clinician. The therapist may also be aware of past interventions related to the symptoms. This awareness can guide the selection of the therapeutic approach.

The process of developing a therapeutic plan involves a logical series of steps that build on each other. An...
Initial Interventions should be added to the plan. If the client does not accomplish the objectives, there should be at least one intervention for every objective. If the client does not accomplish the objectives, there should be interventions are the actions designed to help the client complete the objectives. There should be

Step Five: Intervention Creation

added to the plan as the individual’s achievement progresses. Target achievement dates should be listed for each objective. New objectives should be developed as a step toward achieving the broad intervention goal. In essence, objectives can be developed in a step-by-step basis. Each objective should be

Objectives must be stated in behavioral, measurable language. Each objective should be