

Treatment Goals Assignment

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1. At what stage of readiness to change is your client's parent (precontemplation, contemplation, preparation, action, or maintenance)?

I believe Jessie's mother is between the precontemplation and contemplation stages. Jessie's problems are multi-layered. Mrs. Francis is aware that Jessie has a problem with school because of her poor grades and she wants to change this but does not know what to do and has not taken any steps towards solving the problem. I see this as contemplation. However, Mrs. Francis doesn't seem to think her distant relationship with her daughter is a problem and Jessie feels it is. In this way Mrs. Francis is in the precontemplation stage.

2. At what stage of readiness to change is your client (precontemplation, contemplation, preparation, action, or maintenance)?

I believe Jessie is in the contemplation stage. She realizes that there are problems she would like to change such as school performance, anger control, social involvement and her relationship with her mother. She just lacks the knowledge about how to change these situations in an appropriate manner.

3. List strengths of client.

Jessie is a creative girl who likes to draw. She is funny and seems willing to change. Jessie has had close relationships in the past and so she knows how to be a friend. She is very likeable and willing to work hard.

4. Write your prioritized problem list. (Divide list by problems that need to be addressed initially and what are longer-term problems to be addressed. Then include a brief rationale for your reasons why some of the problems need to be addressed before the others.)

Initial

- a. Anger control-this needs to be addressed initially because it could lead to hurting self or others
- b. Academic performance-this should be addressed initially both the client and her mother identified this as a situation they wanted to improve. Goals of the client should be prioritized.

Short Term

- c. Positive social interactions (peers and mother)- This should be addressed next because it will increase Jessie's self-esteem, decrease her risk of depression and increase her enjoyment of school and home.

Long Term

- d. Family relationships/dynamic (both parents)-this is a longer-term problem because Jessie vocalized that she is willing to see a counselor with her mom but “not right now.” By building Jessie’s self esteem we can work on her ability to voice her concerns/wants with her parents.

5. Based on your problem list, write 2-3 treatment goals. Be sure to write your goals in measurable, objective terms. (Include at least one short-term and at least one long-term goal. You do not need to include a plan for these goals.)

Immediate goal: (1 week)

- Ask at least one question in each class.

Short-term goal: (4 weeks)

- Increase number of completed homework assignments from 2 to 6 a week.

Long-term goal: (12 weeks)

- Time spent with Mother on mutually enjoyable activities will increase from 0 to 2 times a week.

6. Using Wagner’s multidimensional model for delivery of services to children, list one class of intervention that you would use in this case (education/development, prevention, remediation) and one category of professional who you might collaborate with around the case. List brief rationale for your answer.

One of the interventions I would use is an educational/development approach with Jessie. I would model/teach the use of developmentally appropriate social skills (friendship skills). I would break down these skills into small, achievable goals so that Jessie would associate counseling with success and improvement. As “homework” I would have Jessie practice these skills in a deliberate and sequential manner and debrief with her after each experience. I would collaborate with her parents and teachers to give Jessie positive reinforcement about and acknowledgement of appropriate social interactions. These steps will help enhance Jessie’s social development. My intervention target would mainly be the child but also the parents and school/teacher.

Eventually, when Jessie feels ready, I would collaborate with a family therapist to improve Jessie’s relationship with her parents.