

Goal Bank

Note: the domains, problems and explicit goals are often overlapping and interactive

Domain	Emotional	Behavioural	Cognitive	Physiological	Personal	Social	Occupational
Examples of Problems which may become the focus of Treatment Goals	<ul style="list-style-type: none"> • Excessive worry/fear • Fear of separation • Feelings of worthlessness • Hypervigilance • Irritability • Labile mood • Low mood • Lack of enjoyment • Maladaptive guilt • Negative outlook on life 	<ul style="list-style-type: none"> • Avoidance of triggering stimuli/feared situations • Maladaptive behaviour • Substance use • Unduly controlling or passive behaviour • Use despite physical danger or medical warnings • Suicidal/self-harm behaviours 	<ul style="list-style-type: none"> • Dissociative reactions • Impaired complex attention • Impaired concentration • Impaired executive function • Impaired memory • Impaired perception • Impaired social cognition • Negative thinking • Rumination • Suicidal thoughts 	<ul style="list-style-type: none"> • Agitation and Restlessness • Conversion/somatic symptoms • Fatigue • Flashbacks • Intensified startle response • Panic attacks • Sleep disruption • Weight change/appetite loss 	<ul style="list-style-type: none"> • Poor hygiene • Poor completion of activities of daily living 	<ul style="list-style-type: none"> • Reduced interests and activities • Self-isolation • Social impairment 	<ul style="list-style-type: none"> • Avoidance of worksite • Difficulty • Adjusting to change • Fear of return to work • Job dissatisfaction • Perceived injustice • Strained workplace relationships • Work related triggers
Examples of Explicit Goals used to generate SMART goals	<ul style="list-style-type: none"> • Increase ability to regulate emotions • Increase ability to experience joy and pleasure by identifying and participating in pleasurable activities. • Learn and apply positive self talk • Learn to accept or release undue feelings of guilt • Plan desensitization hierarchy • Practice distress tolerance skills • Reduce emotional arousal in response to triggers • Reduce frequency, intensity and duration of worry by learning and practicing worry appointments and postponement • Reduce thoughts of suicide and feelings of hopelessness • Develop a safety plan 	<ul style="list-style-type: none"> • Learn to identify warning signs and reduce maladaptive behaviours. • Learn to identify/reduce behavioural response to triggers • Improve proactive, problem focused coping skills • Improve self-awareness • Increase sense of personal safety • Reduce avoidance and gradually increase exposure to triggering stimuli • Reduce controlling behaviours • Reduce/stop substance use • Research/attend/complete AA/NA type program 	<ul style="list-style-type: none"> • Learn to identify dissociative symptoms. • Learn and practice relaxation techniques. • Improve concentration through application of graduated concentration exposures (e.g., reading, computer work) • Improve executive functioning using strategies such as planning, prioritization and checklists • Increase physical activity to improve cognition (e.g., concentration, memory) • Reduce dissociative symptoms • Reduce ruminative thinking and practice focusing on the "how" or problem-focused coping instead of "why" 	<ul style="list-style-type: none"> • Improve appetite/regularize eating • Identify stressors and practice stress management technique • Increase understanding of physiological arousal in stress • Learn/practice relaxation skills to reduce agitation, restlessness • Learn and practice coping strategies to manage physical symptoms • Learn and use self monitoring/appetite cues • Learn to identify/challenge beliefs/expectations about health/physical symptoms • Learn to identify and recognize symptoms/triggers for panic attacks • Learn to identify triggers for flashbacks and practice grounding techniques • Learn and use sleep hygiene techniques to improve sleep • Reduce frequency and intensity of panic symptoms 	<ul style="list-style-type: none"> • Identify and engage in meaningful activities. • Increase functional tolerance to optimize independent performance of ADLs/IADLs. • Increase sense of purpose and meaning. • Regain realistic sense of life control: Practice • Problem-focused coping to "control the controllable" and emotion-focused coping to tolerate the rest. • Resume participation in meaningful roles (e.g. worker, caregiver) 	<ul style="list-style-type: none"> • Increase social support and social activities. • Learn and practice assertiveness and interpersonal skills. • Learn to be around larger groups of people. • Learn to be in social situations that may arouse anger and irritability 	<ul style="list-style-type: none"> • Apply learned strategies to improve coping with workplace situations and factors. • Consider job search training, • Consider volunteer opportunities, • Learn to let go of former work identity (if pre-injury job has been ruled out). • Practice creating daily structure and work routine i.e., getting up and dressed earlier. • Prepare to respond to questions about time away from work. • Reach out to trusted co-worker. • Start preparing for return to work and consider discussing with Return to Work Services