



## Psychotherapy Goals

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Patient Name:

Date of Birth:

Today's Date:

### **GOALS ARE VERY IMPORTANT IN THERAPY!**

Goals provide the client and the therapist with a focus and a direction for therapy sessions. Please briefly list the goals that you want to address and reach in counseling.

**For adults and/or minors (adult guardians would answer for minors):**

- 1.
- 2.
- 3.

What qualities have helped you to succeed at overcoming difficulties or reaching goals in the past?

- 1.
- 2.
- 3.

Please tell us about your plans for the future (educational, career, personal, etc.)

- 1.
- 2.
- 3.

What concerns do you have about therapy or working on these problems/areas of growth?

- 1.
- 2.
- 3.

Please tell us about any other mental health professionals you have consulted with in the past (approximate dates, type of professional seen, reason for the consultation, nature of the treatment, outcome of the treatment).

- 1.
- 2.
- 3.

What went well or would you have liked to have been different when working with previous mental health professionals?

- 1.
- 2.
- 3.