



**The Ladder Group**  
 We rise by lifting others.  
 Robert G. Ingersoll (1833–1899)

[www.theladdergroup.net](http://www.theladdergroup.net)

Assessor code	
Date of Assessment	

Client code	
Client DOB	

<p><b>Support goals:</b> Goals are the building blocks of the treatment plan and should be designed to be S.M.A.R.T.</p> <ul style="list-style-type: none"> <li>• Specific to clients circumstances,</li> <li>• Measurable e.g. using appropriate rating scales, target percentages,</li> <li>• Appropriately tailored to the needs of the person in therapy,</li> <li>• realistically achievable, i.e. appropriate in the planned</li> <li>• timescale and relevant to the clients context.</li> </ul>	
<p><b>Objectives:</b> Goals should be broken down into interim objectives in order to support the person through the process of taking small, achievable steps and provide incremental positive feedback toward the completion of the larger goals above.</p>	
<p><b>Interventions:</b> Goals should include the various techniques, interventions and strategies implemented in order to support achievement of the objectives and goal.</p>	
<p><b>Progress and outcomes:</b> What will success feel, sound, look like?</p> <p>Documenting progress toward goals is the most important aspect of a social, emotional and mental health support &amp; treatment plan.</p> <p>Progress and outcomes of the work should be documented under each goal.</p> <p>Summarize progress towards objectives and goals from a perspective within the sessions (client &amp; counsellor) and outside of sessions (client).</p> <p>Use measures over time whenever possible.</p>	