

Depression treatment plan

Client	Emily Davis
Diagnosis	Major Depressive Disorder (MDD)
Goal	Increase engagement in pleasurable activities and improve mood.

SMART Objective	The Client will engage in at least 3 pleasurable activities per week and report a 40% improvement in mood after 6 weeks, measured using the PHQ-9.
Interventions	<ul style="list-style-type: none">• Implement a behavioral activation plan with scheduled activities.• Introduce mindfulness and journaling exercises to increase awareness of mood shifts.
Progress Measures	<ul style="list-style-type: none">• Weekly PHQ-9 assessments.• Activity tracking through a client journal.

Measurable Treatment Goals For Depression

Michal Rosen-Zvi



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