

Counseling Goal

Client Information:

Name:

Age:

Background:

Presenting Issues

Describe the presenting issue or challenge that the client is seeking counseling for.

Presenting Issue:

Assessment

Specify the assessment tools, techniques, or interviews used to gather information about the client's current situation, strengths, and areas of growth. Also, provide a summary of the assessment results, highlighting key findings relevant to the client's goals

Assessment Methods:

Assessment Results:

Goal

Provide a clear and concise description of the counseling goal. Break down the goal into specific and measurable objectives that the client aims to achieve. Lastly, specify the anticipated timeline for achieving this goal.

Goal:

Goal Description:

Objectives:

Timeline:

Evaluation and Progress Tracking:

Specify the methods and tools that will be used to evaluate the client's progress toward the established goals. Also, outline the frequency and process of tracking the client's progress, including check-ins, assessments, and adjustments to the counseling approach as needed

Evaluation Methods:

Progress Tracking: