PLANNING

1 2 3 4 5

Planning and Implementing Change-Oriented Strategies

Implementing the Planed Change Process
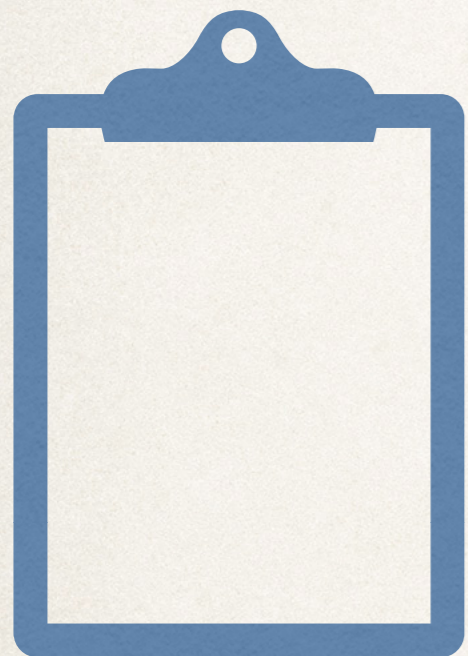
The Office: Birthday Party Planning
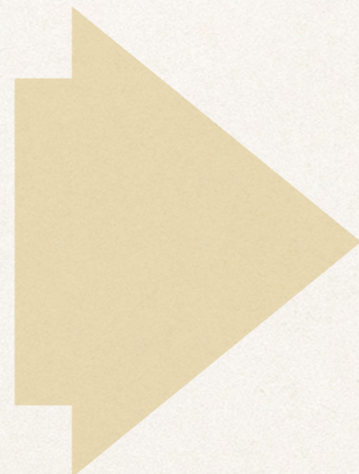
Failing to plan… is planning to fail

Agenda

✤ Information about goals

✤ The 8 steps to planning

✤ Practice doing the planning process

Linkages in the Planned Changed Process

Assessment

Targeted Concerns
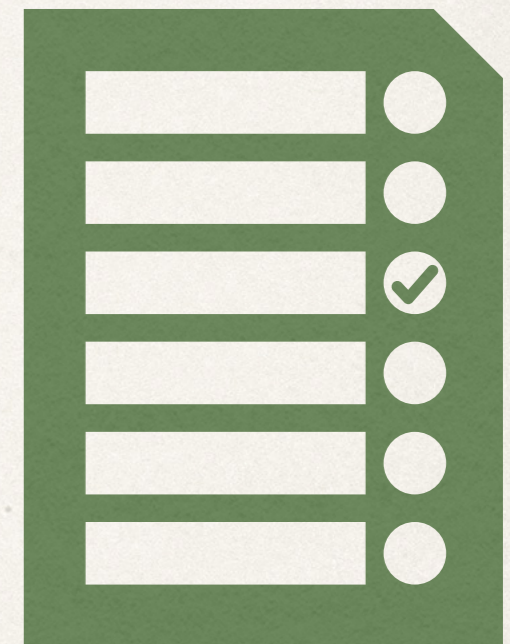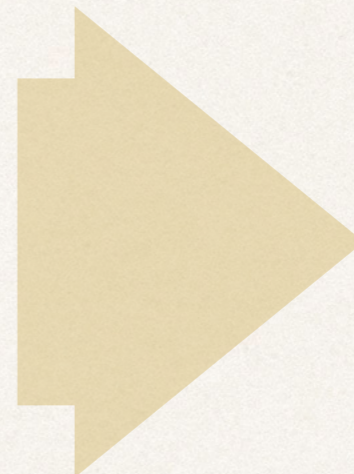
Goals

(Hepworth et al., 2017)

PLANNING 1 2 3 4 5

Purpose and Function of Goals

Attainment

Priority Concern starting point

Task or Objective incremental action steps

(Hepworth et al., 2017)

Factors Influencing Goal Development

Client Participation

Values and Beliefs

Resources and Supports

Involuntary Status

Environmental Conditions
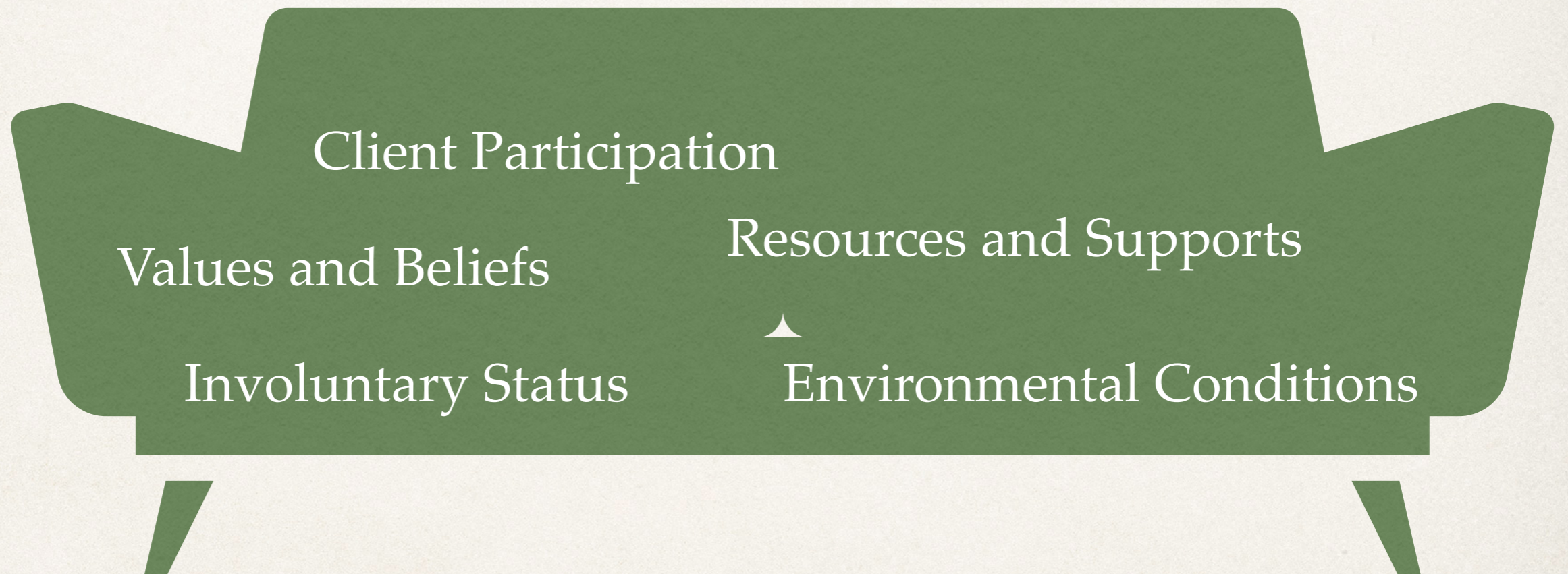
(Hepworth et al., 2017)

Overt

Covert

shared

Reciprocal

Cognitive functioning

Emotional functioning

Behavioral change

(Hepworth et al., 2017)
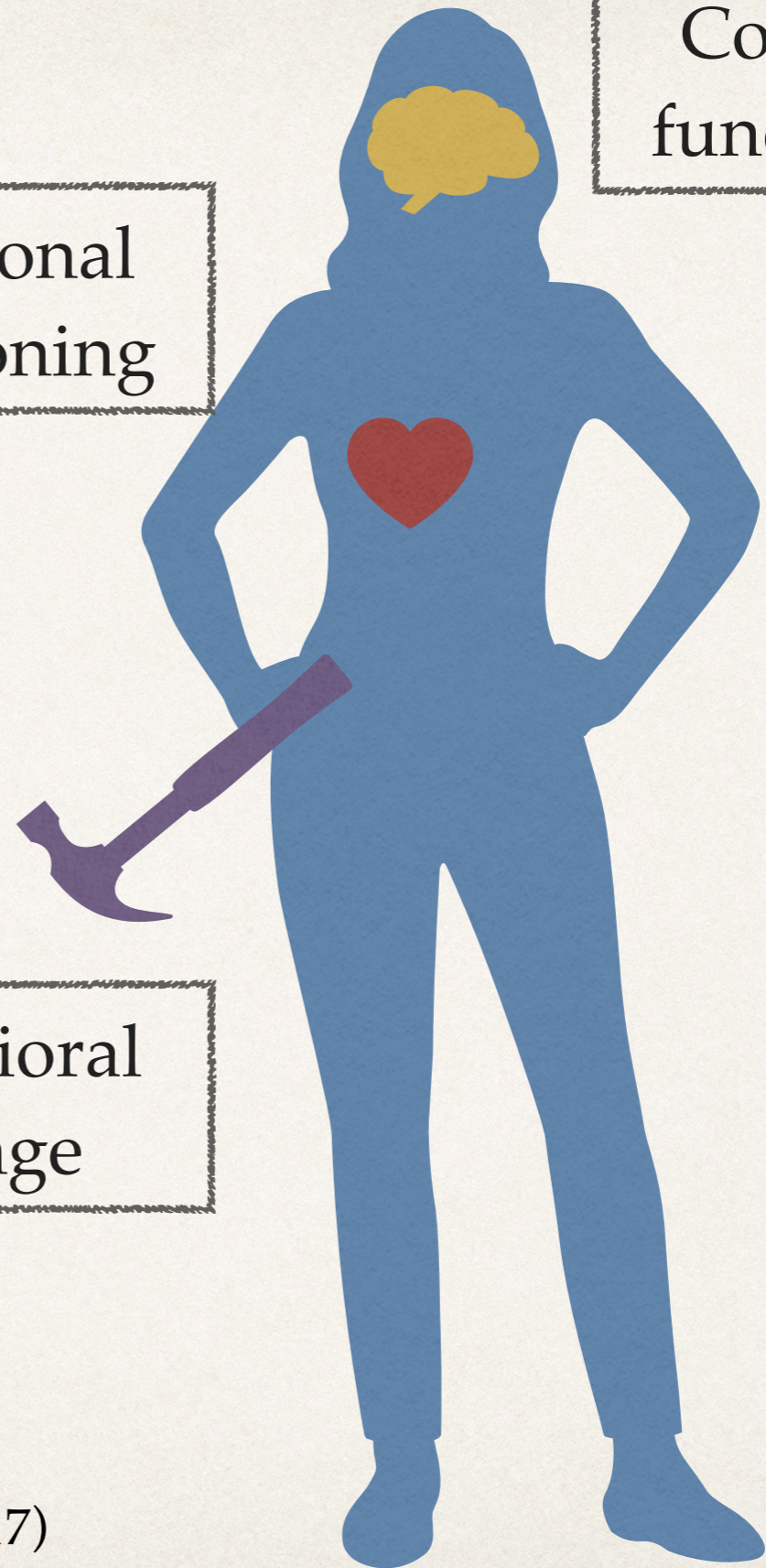
Thinking Distortions

Examples in the media
Personal examples

* All or nothing thinking

* Blaming

* Catastrophizing

* Discounting positives

* Emotional reasoning

* Inability to disconfirm

* Judgment focus

* Jumping to conclusions

* Mind reading

* Negative mental filtering

* Overgeneralization or globalization

* Personalizing

* Regret orientation

* "Should" statements

* Unfair comparisons

* What ifs

PLANNING 1 2 3 4 5

Strategies for Developing Goals with Involuntary Clients
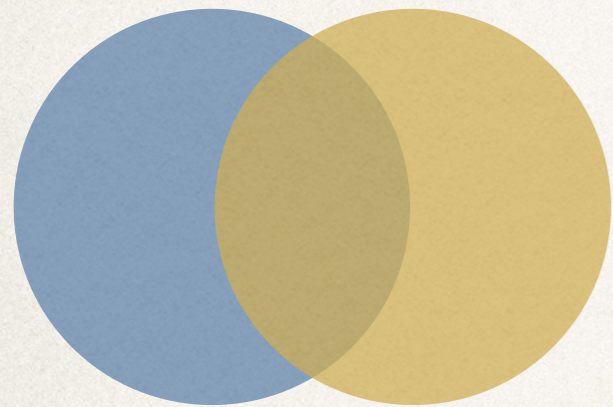
Motivational Congruence

Let's Make a Deal
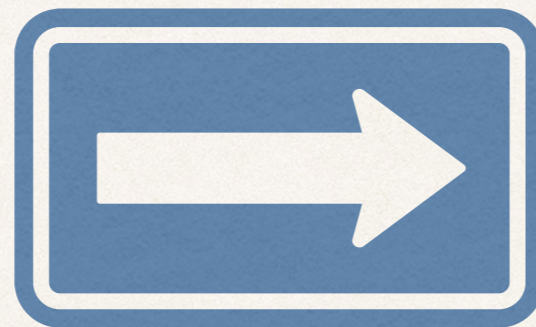
Agreeable Mandate
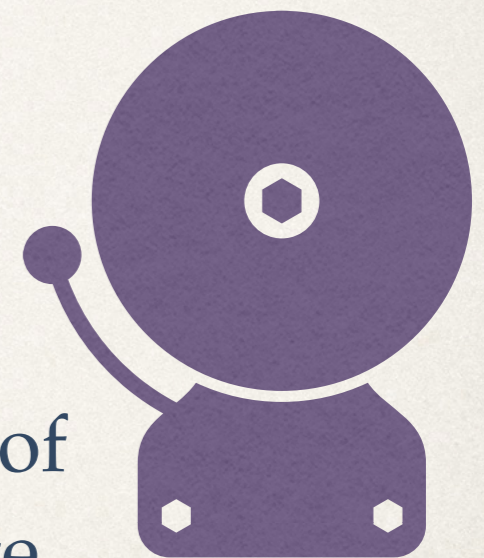
Getting Rid of the Mandate

(Hepworth et al., 2017)

Steps in the Planning Process

Work with your client

Prioritize Problems

Translate Problems into Needs

Evaluate Levels of Intervention

Establish Goals

Specify Objectives

Specify Action Steps

Formalize a Contract

Steps in the Planning Process

- Creating Buy-in

- Developing self-efficacy

Work with your client
Prioritize Problems
Translate Problems into Needs
Evaluate Levels of Intervention
Establish Goals
Specify Objectives
Specify Action Steps
Formalize a Contract

(Kirst-Ashman & Hulll, 2015)   Fall 2020 SOWK 486
Jacob Campbell, LICSW — Heritage University

Steps in the Planning Process

- Contemplating change

- Clearly understandable

- Realistic

Work with your client

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Steps in the Planning Process

S pecific

M easurable

A ttainable

R elavant

T ime-bound

Work with your client

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PLANNING 1 2 3 4 5

Steps in the Planning Process

1. Identify problems

2. Restate in behavioral terms

3. Evaluate client priorities

4. Develop an initial agreement

Work with your client

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Steps in the Planning Process

- Interpersonal conflict

- Dissatisfaction in social relations

- Problems with formal organizations

- Problems in role performance

- Problems of social transition

- Psychological and behavior problems

- Inadequate resources

- Problems in decision making

- Cultural and religious conflicts

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Steps in the Planning Process

Fulfillment

Sense of Wellbeing

Basic Needs

Work with your client

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Steps in the Planning Process

Self-actualization

Esteem

Love and belonging

Safety needs

Physiological needs

(Maslow, 1943)

Steps in the Planning Process

Unemployment ➤ Employment

Homelessness ➤ Place to live

Depression ➤ Relief of symptoms

Grief ➤ Grief management

Poor performance at school ➤ Improved school performance, motivation, family stability

Work with your client

Prioritize Problems

Translate Problems into Needs

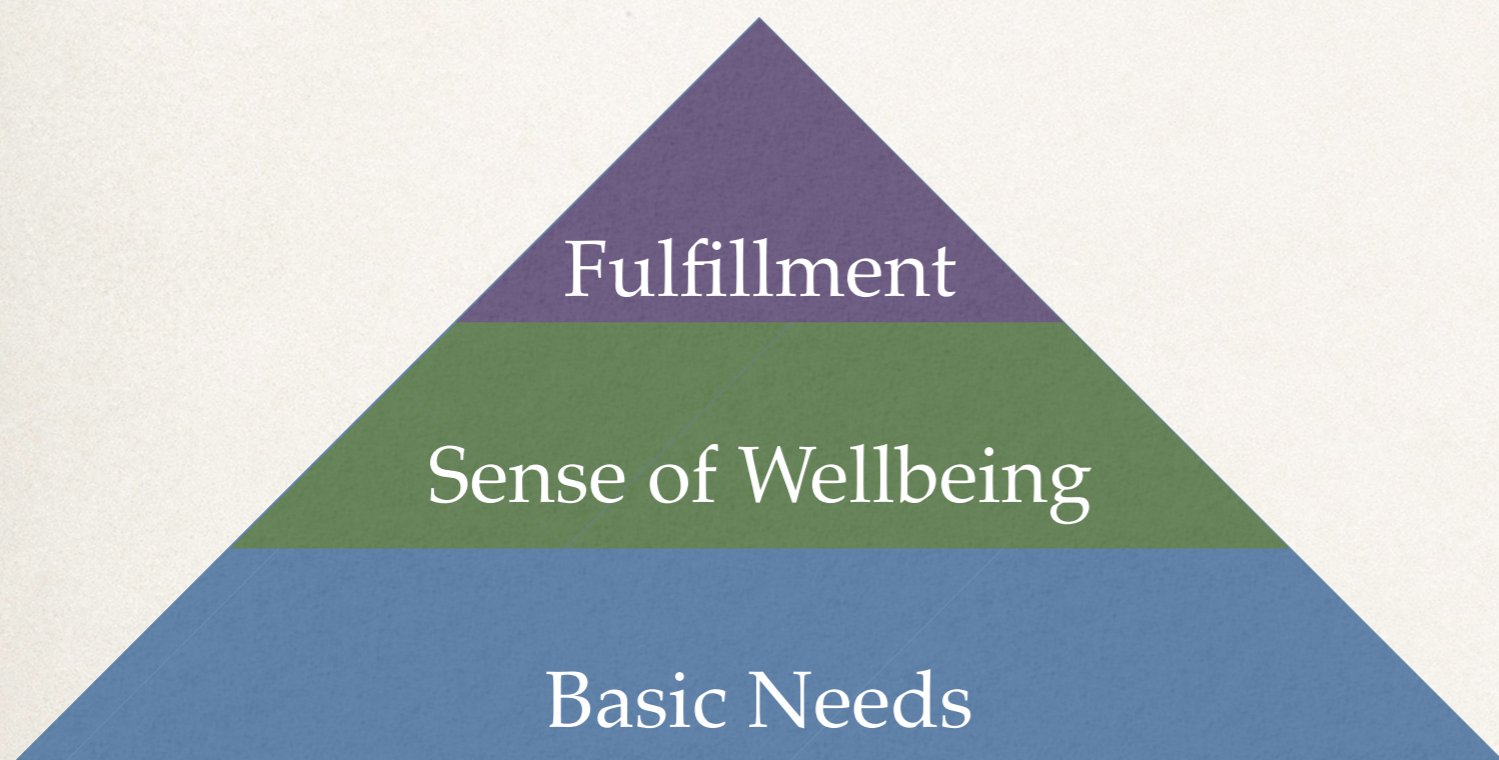Evaluate Levels of Intervention

Establish Goals

Specify Objectives

Specify Action Steps

Formalize a Contract

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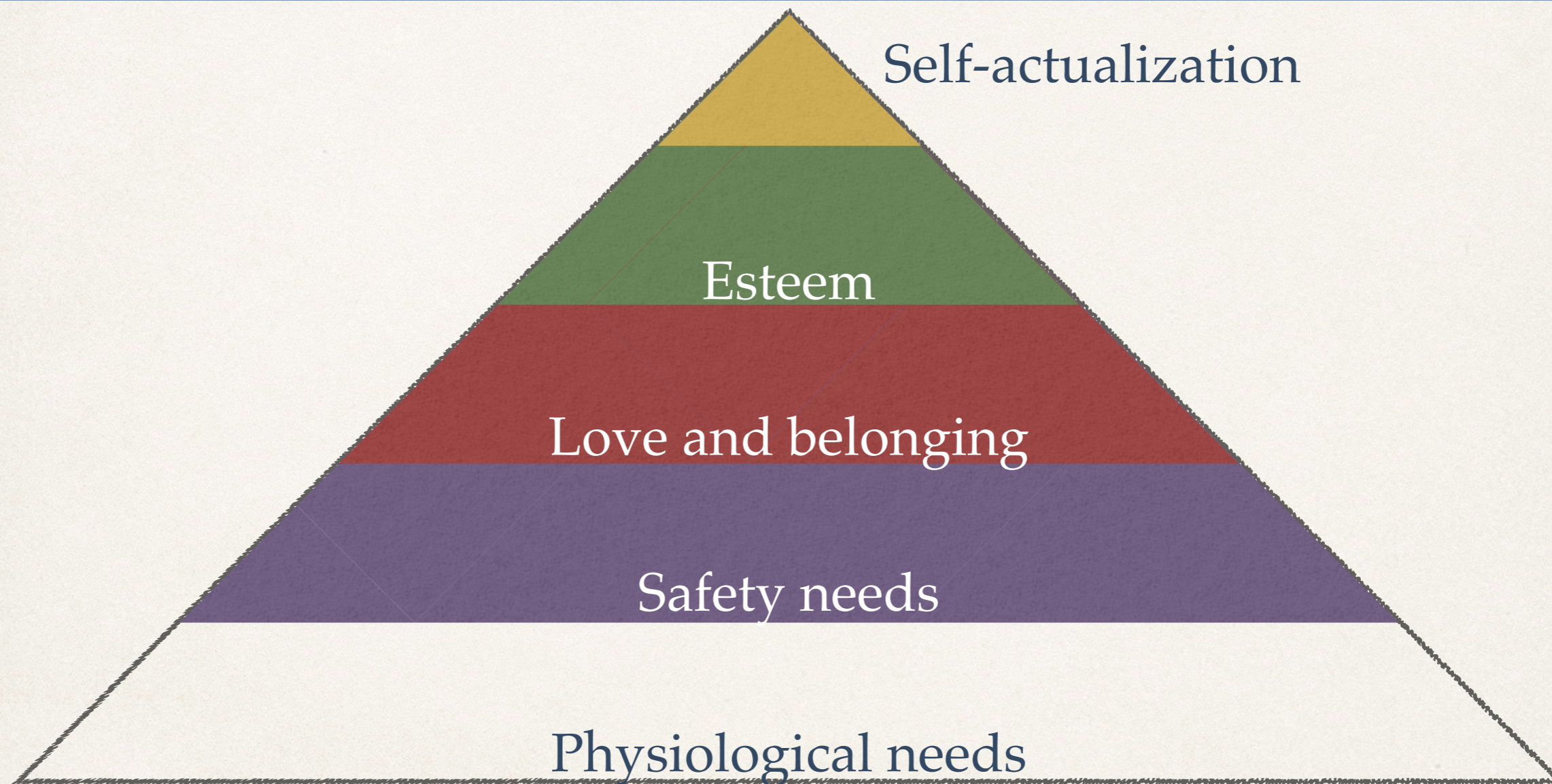
Steps in the Planning Process

1. Focus on selected areas

2. Review from levels of interaction

3. Emphasize strengths

4. Evaluate strategies

5. Make a decision

Work with your client

Prioritize Problems

Translate Problems into Needs

Evaluate Levels of Intervention

Establish Goals

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Specify Action Steps

Formalize a Contract

Steps in the Planning Process

- Suggest nature of intervention

- Defined goals

- Clarify the purpose

- Broad statement

Work with your client

Prioritize Problems

Translate Problems into Needs

Evaluate Levels of Intervention

Establish Goals

Specify Objectives

Specify Action Steps

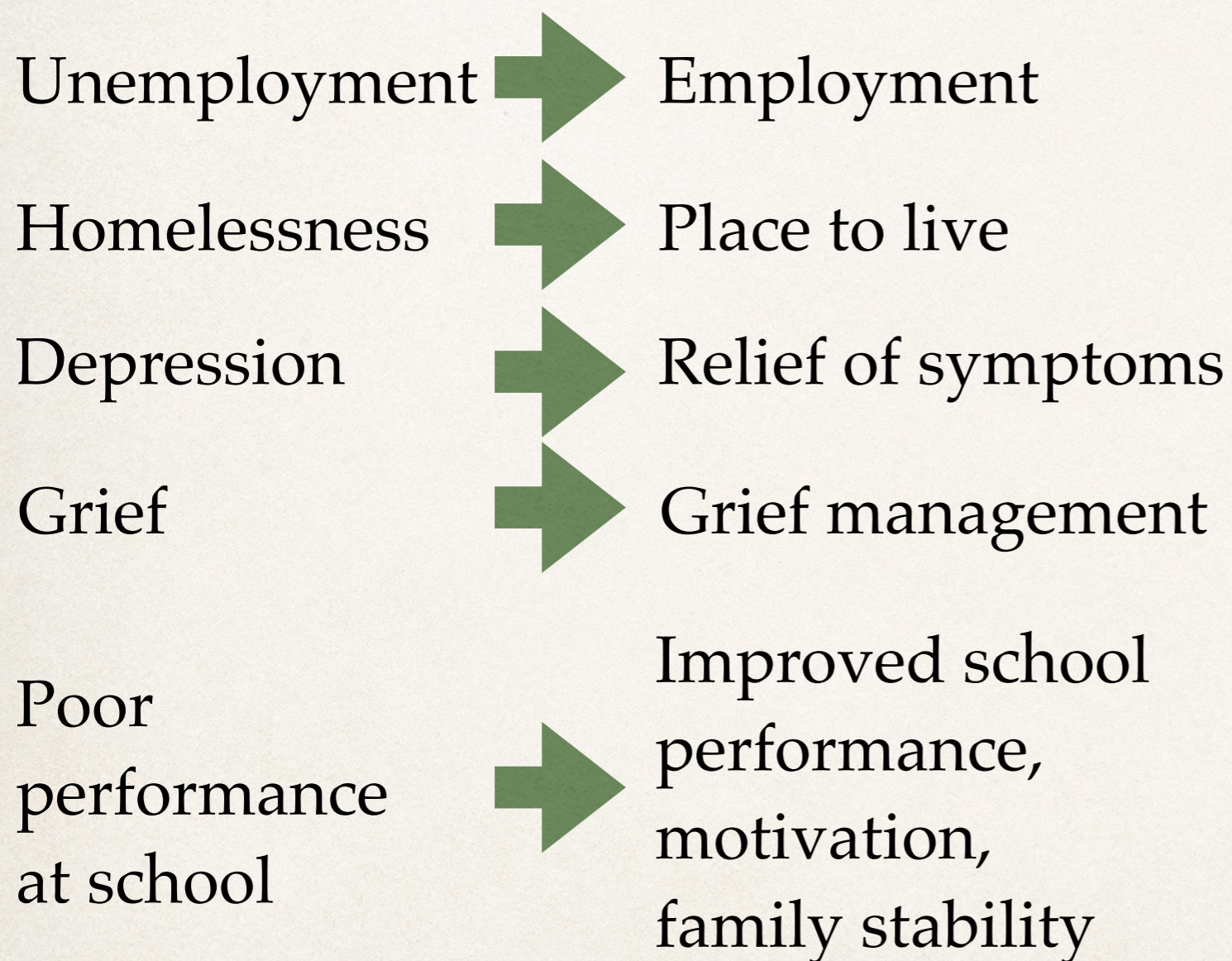Formalize a Contract

Steps in the Planning Process

- Specific and measurable

- Clear

- Complete

Work with your client

Prioritize Problems

Translate Problems into Needs

Evaluate Levels of Intervention

Establish Goals

Specify Objectives

Specify Action Steps

Formalize a Contract

Steps in the Planning Process

- Who

- What

- When

Work with your client

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Specify Objectives

Specify Action Steps

Formalize a Contract

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Steps in the Planning Process

- What will occur

- Built with collaboration

- Contains all of the specifics of the plan

- Various formats

Work with your client

Prioritize Problems

Translate Problems into Needs

Evaluate Levels of Intervention

Establish Goals

Specify Objectives

Specify Action Steps

Formalize a Contract

PLANNING ① ② ③ ④ ⑤

Steps in the Planning Process

- Helps clients work on their problems

- Clients feel empowered

- Reminds them of their agreements and responsibilities

- Assist in monitoring and evaluating

Work with your client

Prioritize Problems

Translate Problems into Needs

Evaluate Levels of Intervention

Establish Goals

Specify Objectives

Specify Action Steps

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Steps in the Planning Process

- Written

- Oral

- Implicit

Work with your client

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Evaluate Levels of Intervention

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Steps in the Planning Process

What does the end RESULT look like?

Work with your client

Prioritize Problems

Translate Problems into Needs

Evaluate Levels of Intervention

Establish Goals

Specify Objectives

Specify Action Steps

Formalize a Contract

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