**Client Counselling Goals**

**Name of Client: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ File Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of Counsellor:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| **Date of Initial Goals Set:** |  |
| **Date of 3 month Review:** |  |
| **Date of Additional 3 month Review:** |  |
| **Date of Additional 3 month Review:** |  |
| **Date of Termination Review** |  |

Goals should be written in the following manner: **S**imple, **M**easurable, **A**chievable, **R**ealistic and **T**imely **(SMART).** The client’s self-report scores are to be noted at each review according to a 0-10 scale.

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| **Goal 1** | **During my counselling at WCC I will:** |
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|  |
|  | **Goals Set** | **3 month review** | **3 month review** | **3 month review** | **Termination** |
| **Scores** |  |  |  |  |  |
| **Goal 2** | **During my counselling at WCC I will:** |
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|  |
|  | **Goals Set** | **3 month review** | **3 month review** | **3 month review** | **Termination** |
| **Scores** |  |  |  |  |  |
| **Goal 3** | **During my counselling at WCC I will:** |
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|  |
|  |
|  | **Goals Set** | **3 month review** | **3 month review** | **3 month review** | **Termination** |
| **Scores** |  |  |  |  |  |