

Example of Outpatient Treatment Goals:

1. Engage in weekly individual outpatient psychotherapy
2. Invite xxx to engage in ACT based interventions and employ strategies that will provide XXX with an understanding the role of that cognitive fusions play in dominating beliefs, assumptions and attitudes. Additionally assist in identifying workable thoughts that help XXX navigate towards a more meaningful, and fuller life.
3. Utilize and implement strategies such as mindfulness that will engage XXX in transforming XXX relationship with distressful thoughts and feelings.
4. Utilize interventions that reduce sense of interpersonal helplessness, and incorporate concepts of decolonization, healing, action and transformation (emotional regulation, pragmatic problem solving etc).