

Setting an Overall Rehabilitation Goal

Training Module

INTRODUCTION



Introduction



Teaching time: 2 hours

Tell: Before getting started, I will orient you to the materials that will be used during the lesson.

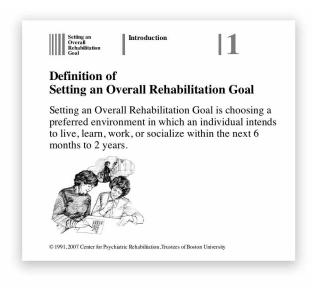
Ask: Look at the table of contents for the *Introduction* reference handbook.

Tell: • Some REFERENCES are summaries of important lecture points or examples to be read during the lesson and then kept for future reference.

- Other REFERENCES are written practice exercises and checklists to be completed during the lesson.
- PowerPoint SLIDES are visual presentations of lecture points and illustrations to be viewed during the lesson.
- You will find it helpful, at suggested times, to copy information from the PowerPoint SLIDES.

Make the Point: The goal of this lesson is to form a clear image of Setting an Overall Rehabilitation Goal.

Show: SLIDE 1 – Definition of Setting an Overall Rehabilitation Goal. Read aloud the definition.



Make the Point: The outcome of Setting an Overall Rehabilitation Goal is for the individual to state his or her intention to live, learn, work, or socialize in a particular role in a particular environment by or until a particular

date.

Ask: • Do you set overall rehabilitation goals with the people you work with?

• If so, how do you set overall rehabilitation goals with them?

Discuss: Several participants' answers.

Tell: Before learning more about overall rehabilitation goals and how they are set, you will complete a pre-training assessment form.

Ask: • Complete REFERENCE 1 – Pre-Training Assessment Form.

• Put your name on the form.

• Answer the questions as best as you can.

Collect: Completed REFERENCE 1.

Make the Point: • There seems to be three ways that people set goals: rationally, intuitively, and authoritatively.

• The rational way involves people setting goals using a systematic process of weighing alternatives against a set of criteria.

• The intuitive way involves people setting goals based on a prediction of what will feel good.

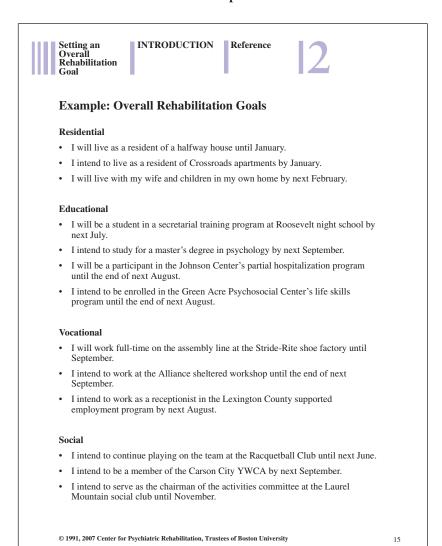
• The authoritative way involves people setting goals based on expert opinions (e.g., "If the therapist says I should—I will.").

Ask: Which goal-setting style best fits the current way the people you work with set their overall rehabilitation goals?

Discuss: Several participants' answers.

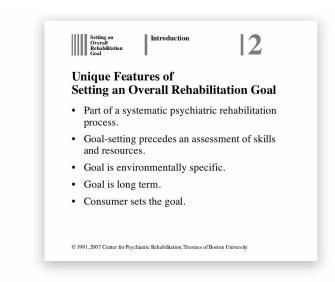
- - **Make the Point:** Setting an Overall Rehabilitation Goal involves assisting the person in using a rational decision-making process to set long-term rehabilitation goals.
 - Setting an Overall Rehabilitation Goal, as taught here, can be distinguished from other goal-setting methods by both the nature of the goals and the way they are set.

Ask: Read REFERENCE 2 – Example: Overall Rehabilitation Goals.



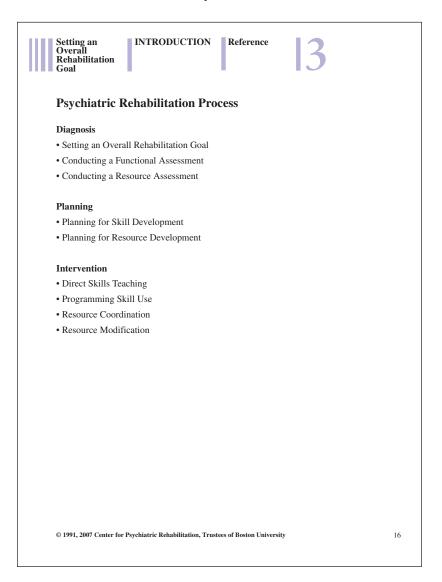
- **Make the Point:** The goals state an intention to be in a special role in a specific environment by a specific date.
 - The way the goals are set has five unique features.

Show: SLIDE 2 – Unique Features of Setting an Overall Rehabilitation Goal. Read aloud the unique features.



- Make the Point: The first unique feature is that Setting an Overall Rehabilitation Goal is part of a systematic psychiatric rehabilitation process.
 - The psychiatric rehabilitation process has three phases: rehabilitation diagnosis, rehabilitation planning, and rehabilitation intervention.
 - Setting an Overall Rehabilitation Goal is part of the diagnostic phase of the psychiatric rehabilitation process.

Ask: Read REFERENCE 3 – Psychiatric Rehabilitation Process.



- Make the Point: The psychiatric rehabilitation process begins with the setting of an overall rehabilitation goal. Goal setting is followed by assessments of the individual's skills and resources, planning the rehabilitation interventions, and conducting interventions that develop the skills and resources that the individual needs to use to be successful and satisfied in his or her preferred environment.
 - The process culminates with the person's achievement of his or her overall rehabilitation goal.
 - The process is systematic in that there is a sequenced order of operationally-defined activities that relate to one other.