



Working with Goals & the Goals-Based Outcomes (GBO) Tool

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Who Am I?

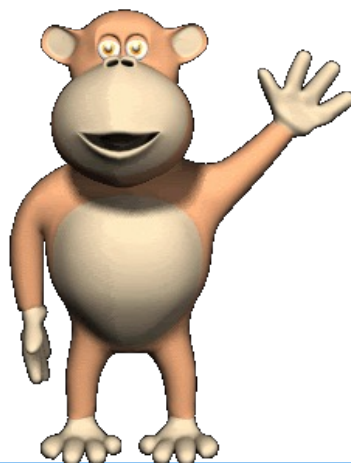
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- Former Board Director of the Children's Outcomes Research Consortium (CORC) www.corc.uk.net
- Developer of the Goals-Based Outcome (GBO) tool www.goals-in-therapy.com

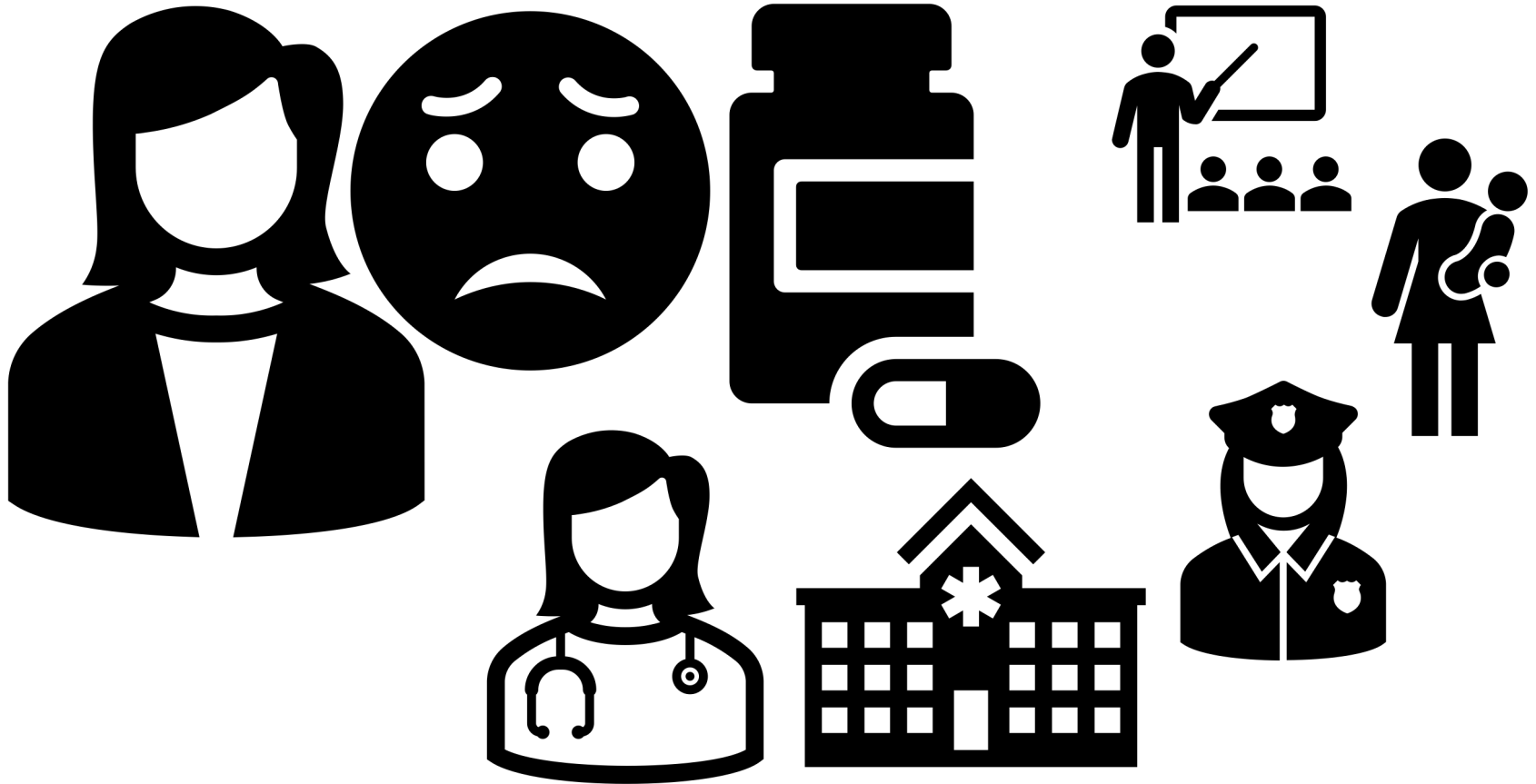


Nice to meet you all



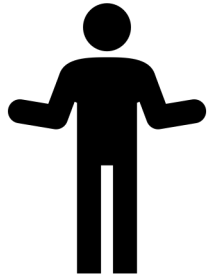
“Walk or Ride?”

A story about how a question can save a life











The diagram illustrates the concept of mentalization. It features two black silhouettes of human heads in profile, facing each other. Above the space between the heads is a large, black, cloud-like thought bubble. Inside this bubble, the text 'Mentalization' is written in a bold, white, sans-serif font. Below it, the phrase 'Acknowledging another person's intentional mind' is written in a smaller, white, sans-serif font. Two smaller, solid black circles are positioned between each head and the main thought bubble, suggesting a flow of thought or communication.

Mentalization
Acknowledging another person's
intentional mind

INTRODUCING GOALS

Why should we
be interested
in goals?

Therapy is like a journey





**The therapist's job
is to get people to where they
want to be...**

**...but first we must help them
discover/decide/choose
where they want to go**

What Do We Mean By 'Therapy/Treatment/Intervention Goals'?

- Goals are simply a clear, brief, expression of *what a child, young person or family wants to be different* in their life as a result of engaging in therapy or other psychological or behavioural intervention
- They are an expression of their hopes or aims of *where they want to go*
- They are an agreement or *'contract' of work* between young person/family and practitioner/service

The GBO tool builds on some big ideas



You will already be aware of the benefits and challenges of working with goals

“Working with goals is good to ensure you are meeting a client/family where they are at, **hearing what is important for them to work on and when**”

“I have found that goals **help me to stay oriented to the direction that we are aiming for**, sort of like a north star, helps especially when things get tricky... they facilitate open conversations with families about progress.”

“...young people and their families live with **challenges that are often more pressing than working on their clinical goals**. Issues such as poverty, racism, violence, food instability, lack of affordable housing etc. These things affect mental health”

“Goal directed and self motivated patients are often not the majority of patients. **Many need a lot of relational development before parents or children will even entertain conversation about goals**”

IWK goals audit 2021

A word on language

The word **‘goal’** is clinical/technical language

- Hopes and expectations
- What I want to change
- Wishes
- Wants
- Aims
- Top problems

Use the language that **fits best with the person you are working with**

Working with goals is a
process and a task

GOAL PROCESS

We should see goal setting as a *process* not (just) a *task*

- 1. the primary aim of goal setting is to signal intention to care – mentalization**

Goal process

By asking, “***What do you want/need to be different in your life?***” (goals), we are:

- showing intention to care
- laying the foundations of (epistemic) trust
- signaling that it is safe to learn
- opening the possibility of new learning

This is particularly important with children who have experienced trauma (Law 2022)

GOAL TASK

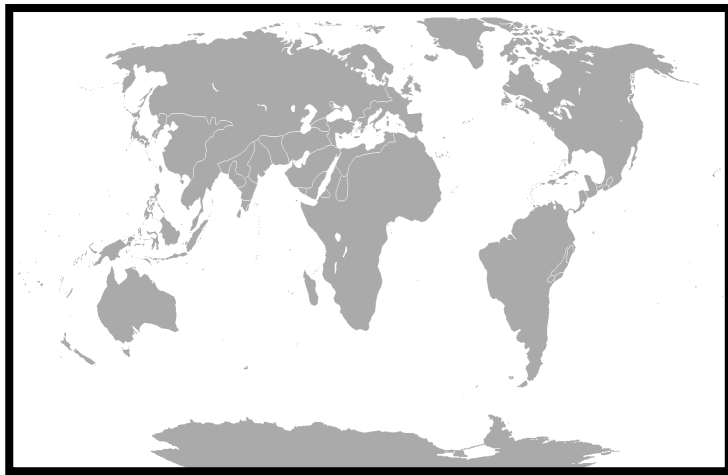
We should see goal setting as a *process* not (just) a *task*

1. the primary aim of goal setting is to signal intention to care – mentalization
2. **the secondary aim is to set a goal**

‘Destinations’ and ‘Vehicles’

“Where do you want to get to?”

The destination



“How are we going to get there?”

The vehicle



TRACKING GOALS

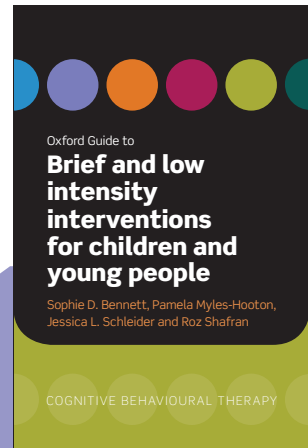
We should see goal setting as a *process* not (just) a *task*

1. the primary aim of goal setting is to signal intention to care – mentalization
2. the secondary aim is to set a goal
3. **the tertiary aim is to get some numbers and track progress**

Why track goals?

*“If we only measure one thing,
it should be whether children,
young people and their families
feel that the work we do with them
makes a difference to the things
they most want to change”*

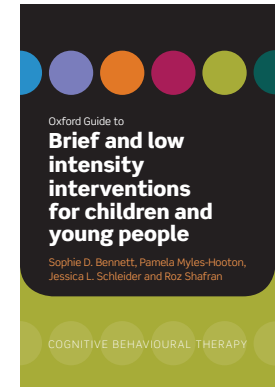
Law (2022)



Minds are not like wood...



“we need to remember that when we attempt to measure minds, they are not fixed and rigid objects like a stick of wood, but they are dynamic and fluid and hard to pin down”



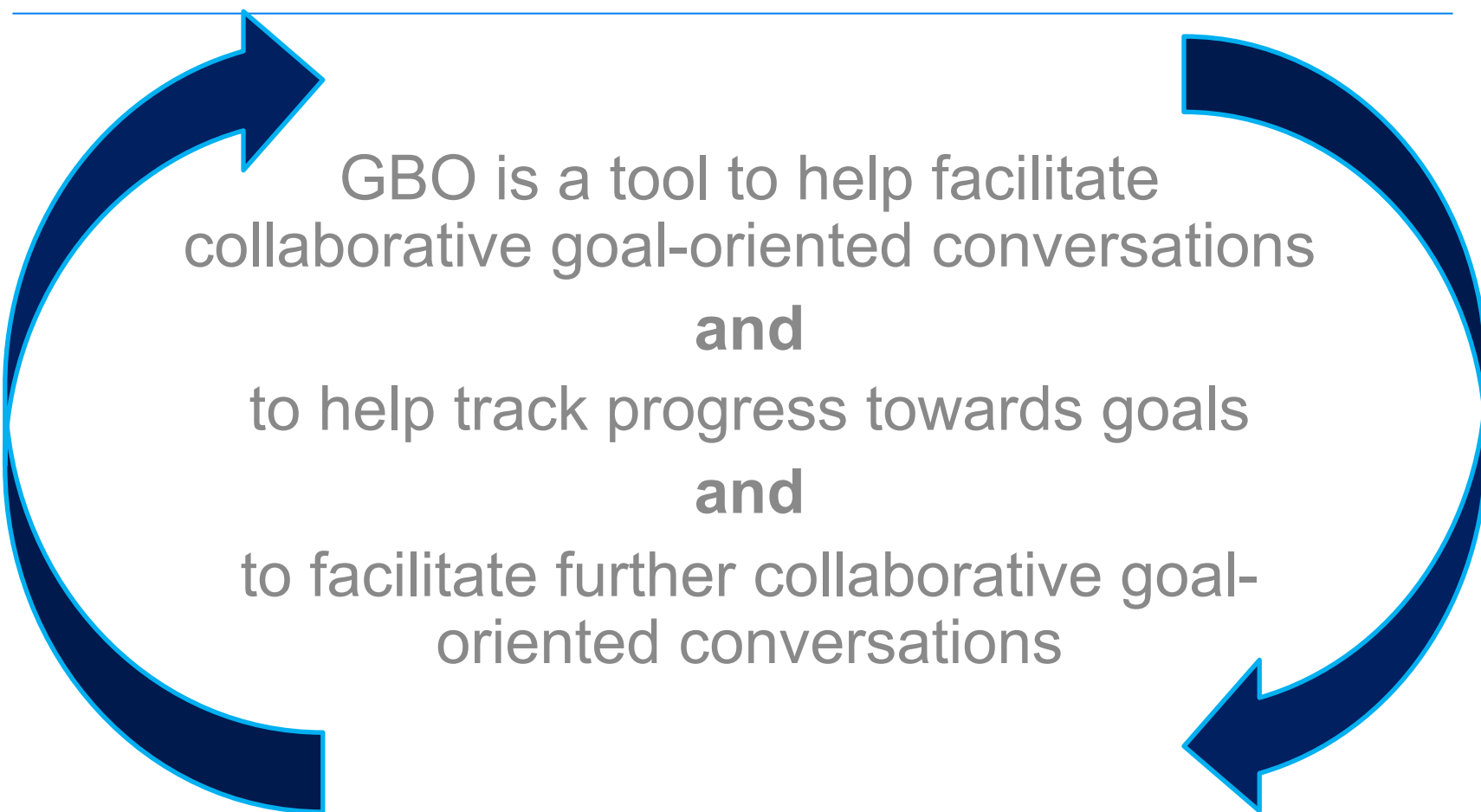
Law (2022)

Why track goals?

- Helps *monitor progress*
- People feel more *part of the change process*
- Visual aid to help *focus discussion*
- *Shared agreement* on progress and ways forward
- Strengthens the *therapeutic alliance*
- Can aid *supervision*

TRACKING GOALS: THE GBO TOOL

The Goal Based Outcome (GBO) Tool



GBO is a tool to help facilitate
collaborative goal-oriented conversations
and
to help track progress towards goals
and
to facilitate further collaborative goal-
oriented conversations

GBO

The GBO is an **ideographic, client defined** measure:

- The goal (what is being measured) is individual to the client

GBO Guidance Notes

<https://goals-in-therapy.com/2018/12/07/guidance-notes-for-using-the-goal-based-outcome-gbo-tool/>

The Goal-Based Outcome (GBO) Tool Guidance Notes

Dr Duncan Law

"Setting goals makes you see where you need to go, makes you see what you are working on and what still needs to be worked on."

Young person

February 2019



The Goal Based Outcome Tool

This is what it looks like:

0 1 2 3 4 5 6 7 8 9 10

0 = not made any progress towards the goal

10 = goal is fully reached

5 = exactly half way

Goal-based outcome (GBO) Goal rating sheet

www.Goals-in-therapy.com

Goals and goal-based outcomes (GBOs)
Goal rating sheet

How close are you to the goals you want to get to?

On a scale from zero to ten, please circle the number below that best describes how close you are to reaching your goal today. Remember a score of zero means no progress has been made towards a goal, a score of ten means a goal has been reached fully and a score of five is exactly halfway between the two

YOUR FIRST GOAL

To feel comfortable in social situations

Goal rating: 0 1 2 3 4 5 6 7 8 9 10

YOUR SECOND GOAL

Enter brief description of goal and goal number as recorded on the Client Record Sheet

Goal rating: 0 1 2 3 4 5 6 7 8 9 10

YOUR THIRD GOAL

Enter brief description of goal and goal number as recorded on the Client Record Sheet

Goal rating: 0 1 2 3 4 5 6 7 8 9 10

Completed by tick below:

☐ Child/young person

☐ Parent/carer

☐ Other (please specify):

Service ID/PHS number:

Name (optional):

Date:

www.goals-in-therapy.com

How to use GBO

Circle the rating each time you use the GBO scale

Today I would rate progress to this goal:
(please circle the appropriate number below)

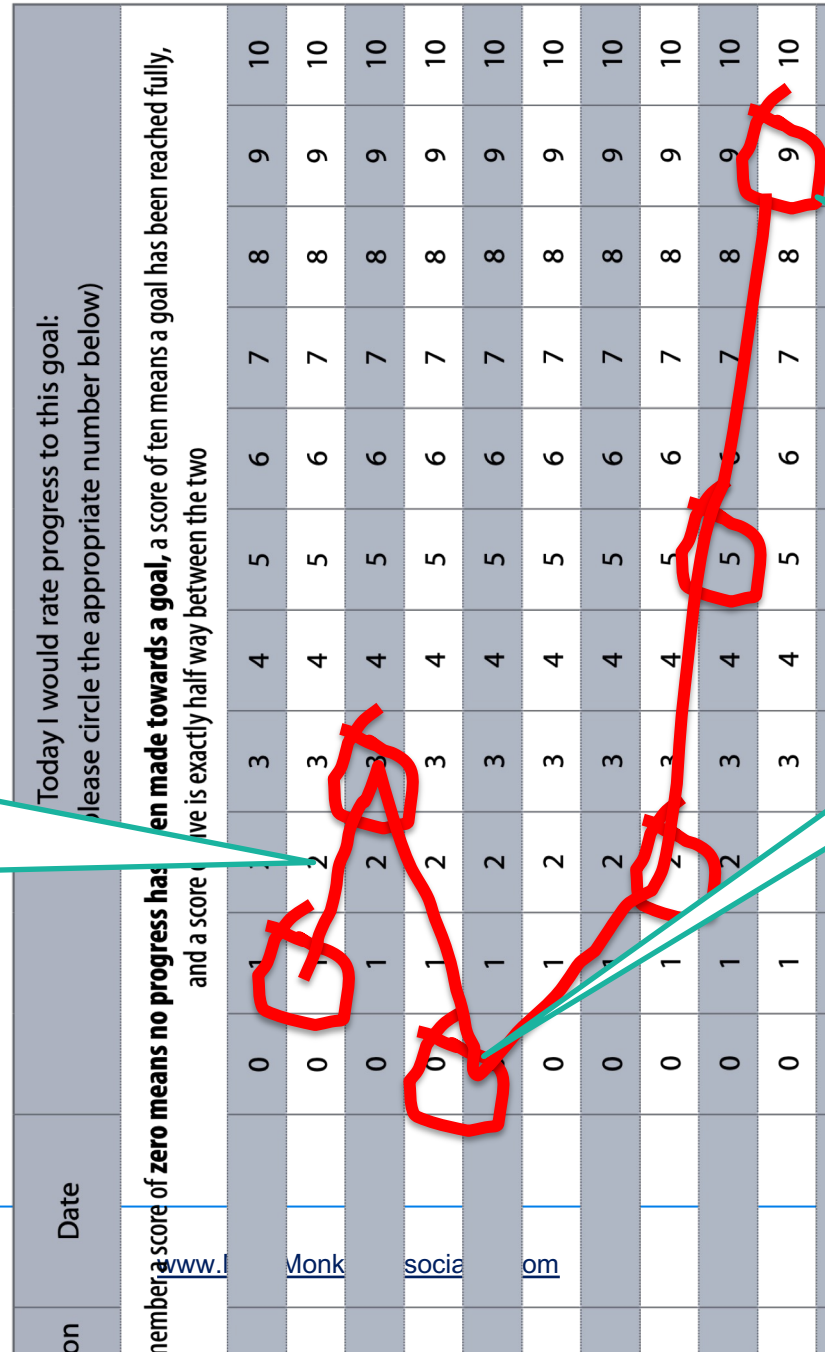
Remember a score of **zero** means **no progress has been made towards a goal**, a score of ten means a goal has been achieved. A score of five is exactly half way between the two

1	0	1	2	3	4	5	6	7	8
2	0	1	2	3	4	5	6	7	8
3	0	1	2	3	4	5	6	7	8
4	0	1	2	3	4	5	6	7	8
5	0	1	2	3	4	5	6	7	8
6									
7	0	1	2	3	4	5	6	7	8
8	0	1	2	3	4	5	6	7	8
9	0	1	2	3	4	5	6	7	8
10	0	1	2	3	4	5	6	7	8

You should ask the person to rate progress every session but there may be the odd session when good clinical sense means it is not rated

How to use GBO

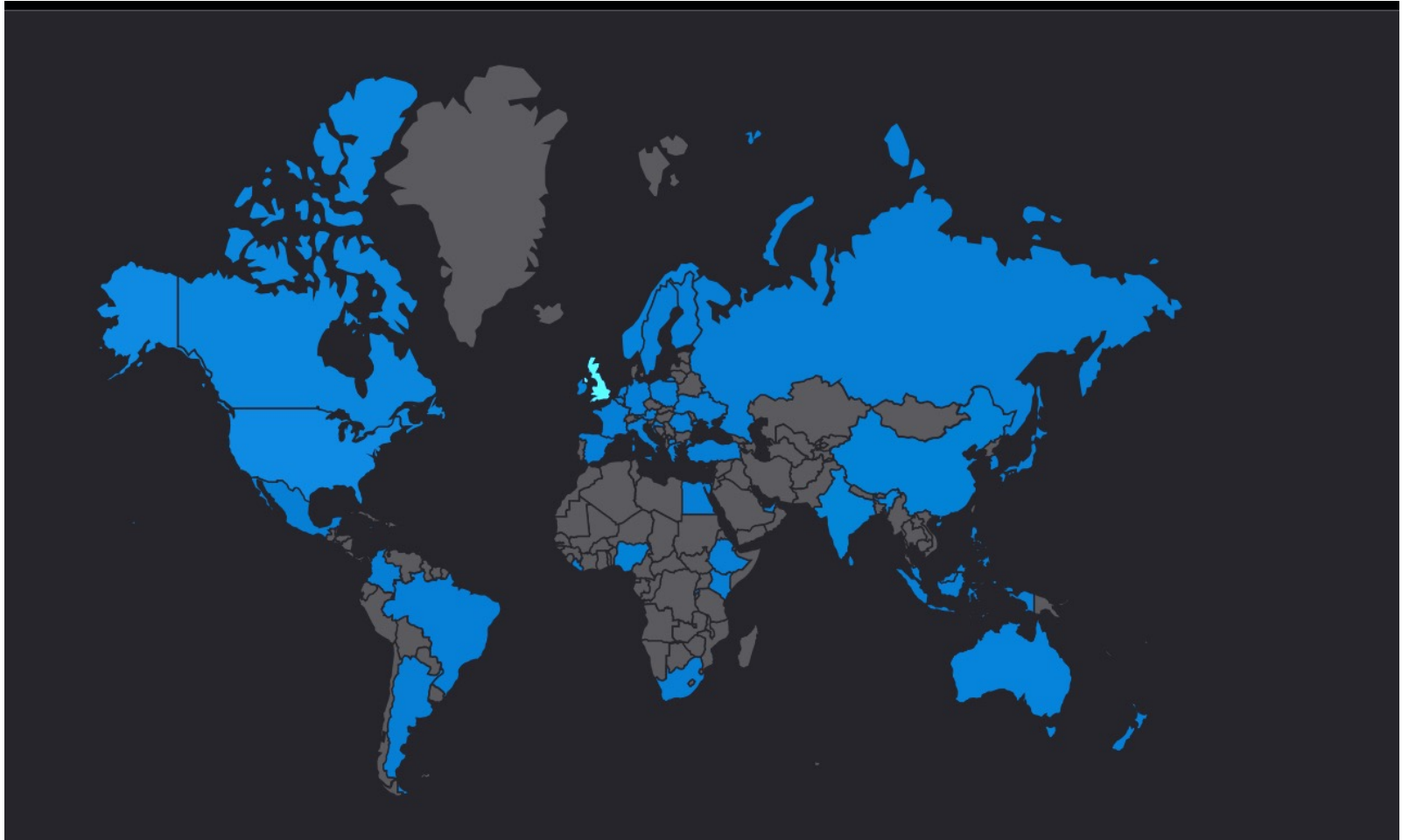
You can turn the chart on its side and use it as a run chart to track progress



You can use the run chart to facilitate discussions about what is going well or less well

WORKING WITH GOALS AROUND THE WORLD

Global interest in the GBO



GBO guide is translated into a number of different languages

Canlyniadau

लक्ष्यमा आधारित

The Goal-Based Outcome (GBO) Tool

Goals and goal-based outcomes (GBOs)
Vurdering av Mine Mål

Hvor nært er du målene du ønsker å nå?
På en skala fra null til ti, vennligst sett en ring rundt tallet ned som best beskriver hvor nært du er å nå målet ditt i dag.
Husk at en poengsum på null betyr ingen fremgang mot målet, og en sum på fem er nøyaktig midt mellom null og ti.
DITT FØRSTE MÅL
Gi en kort beskrivelse av mål nummer en fra Mine Mål

Objectifs et résultats axés sur les objectifs (RAO)
The goal-based outcomes (GBO) tool
Fiche d'enregistrement des objectifs

es-tu sur le point
ectifs ?

fre, sur une échelle de zéro à dix, qui décrit le mieux dans quelle
atteindre tes objectifs aujourd'hui. Rappelle-toi qu'une note de zéro
plument aucun progrès pour réaliser ton objectif alors que dix signifie
teint ton but et que cinq indique que tu es exactement à mi-chemin.

1 回目 ; 平成 年 月 日
氏名 ; 氏名

目的/目標到達評価

Goals and goal-based outcomes (GBOs)
Tabela de progresso
dos objetivos

Este é um dos objetivos a avaliar, podes identificar até três.
Podes rodar a tabela para o lado, para rapidamente veres o progresso ao longo das sessões

Objetivo:

Sessão	Data
1	
2	

Hoje avalio o progresso deste objetivo: (Por favor faz um círculo à volta do número apropriado, em baixo)
Lembra-te que o valor de zero significa que nenhum progresso foi alcançado, o valor de dez significa que o objetivo foi totalmente alcançado, e o valor de cinco encontra-se exatamente a meio destes dois valores.

	0	1	2	3	4	5	6	7	8	9	10
1	0	1	2	3	4	5	6	7	8	9	10
2	0	1	2	3	4	5	6	7	8	9	10

SOME HELPFUL RESOURCES

www.goals-in-therapy.com

[Home](#) [Welcome to Goals in Therapy](#) [Working with Goals in Psychotherapy & Counselling](#) [Working with Goals in Psychotherapy & Counselling](#)
[Goals and Goal-Based Outcomes \(GBOs\)](#) [Mapping Team Goals](#) [Choosing Your Goals in Therapy and Counselling: A Guide for Young People](#)
[Using Goals with Children & Young People with Learning Disabilities](#) [Resources & Links](#) [About](#) [Contact](#)

Welcome to Goals in Therapy

Goals in therapy is a website dedicated to the use of goals, goal-oriented practice and goal-based outcomes (GBOs), in Psychological Therapies, Counselling and Psychotherapy.

This site will be updated frequently – if you have content you feel would complement the site please contact editorial team via the contact page.

Working with Goals in

GBO Guidance Notes

<https://goals-in-therapy.com/2018/12/07/guidance-notes-for-using-the-goal-based-outcome-gbo-tool/>

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Young person

February 2019

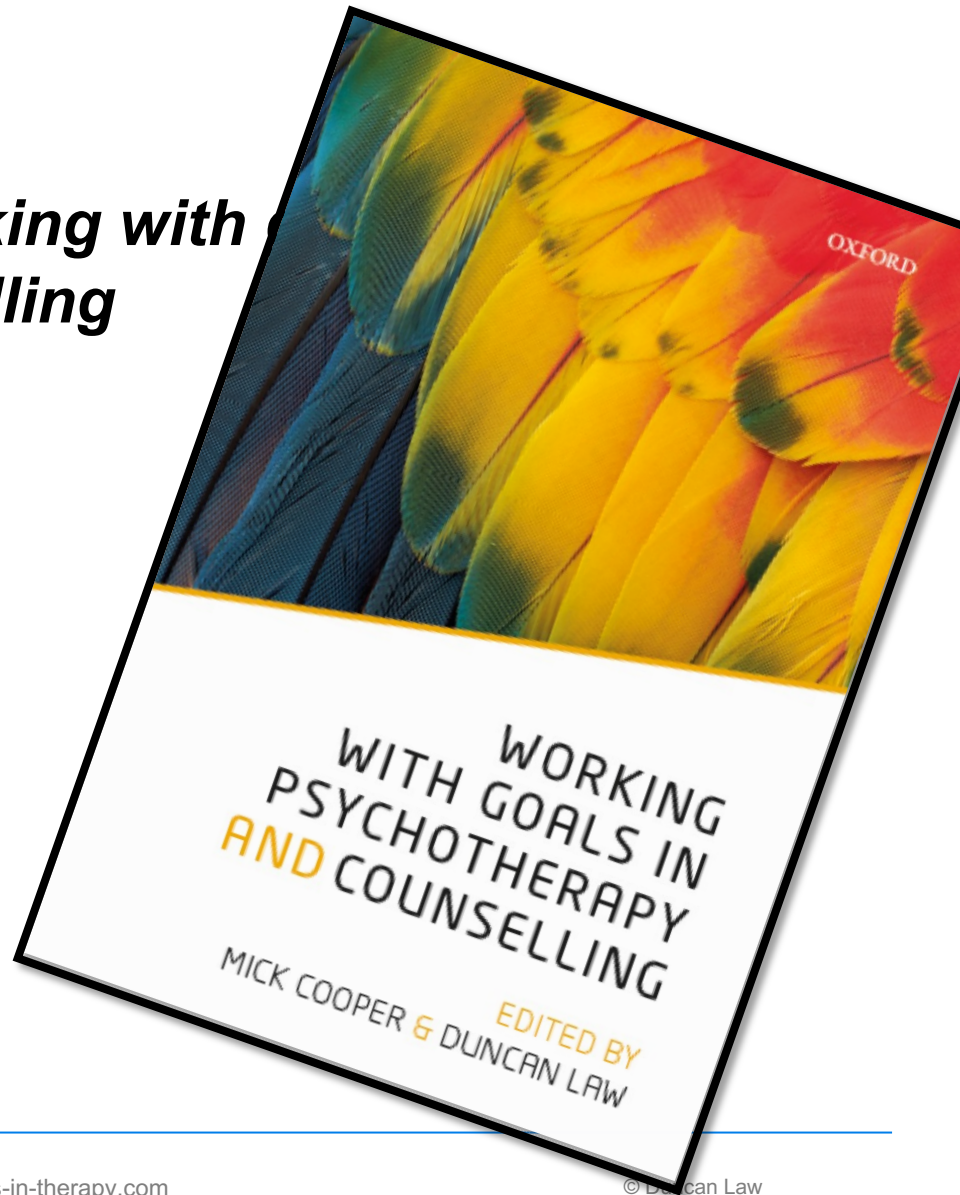


Goals in Therapy

Cooper and Law (2018) ***Working with psychotherapy and counselling***

Oxford University Press

www.goals-in-therapy.com



Trauma and Goals

New paper
on value of
goals when
working
with trauma

[https://pub
med.ncbi.nlm.nih.gov/3
6078760/](https://pubmed.ncbi.nlm.nih.gov/36078760/)

> [Int J Environ Res Public Health](#). 2022 Sep 3;19(17):11048. doi: 10.3390/ijerph191711048.

Working with Goals and Trauma in Youth Mental Health

[Duncan Law](#) ¹

Affiliations + expand

PMID: 36078760 DOI: [10.3390/ijerph191711048](#)

[Free article](#)

Abstract

There is good evidence of the value of working with goals in youth mental health services and settings. As such, goal-oriented practice is seen as a core component of good mental health interventions. Yet, there is debate among clinicians and academics about whether working with goals is a valid approach with clients who have experienced trauma. In this paper, I will explore the impacts of trauma and argue that working with goals, including the use of tools that facilitate these practices, such as the Goal-Based Outcome (GBO) tool, is as vital when working in trauma-informed interventions, as with any other mode of practice or client group.

Keywords: GBO; I-PROMs; ROMs; goal-oriented; goals; trauma.

FULL TEXT LINKS



ACTIONS



SHARE



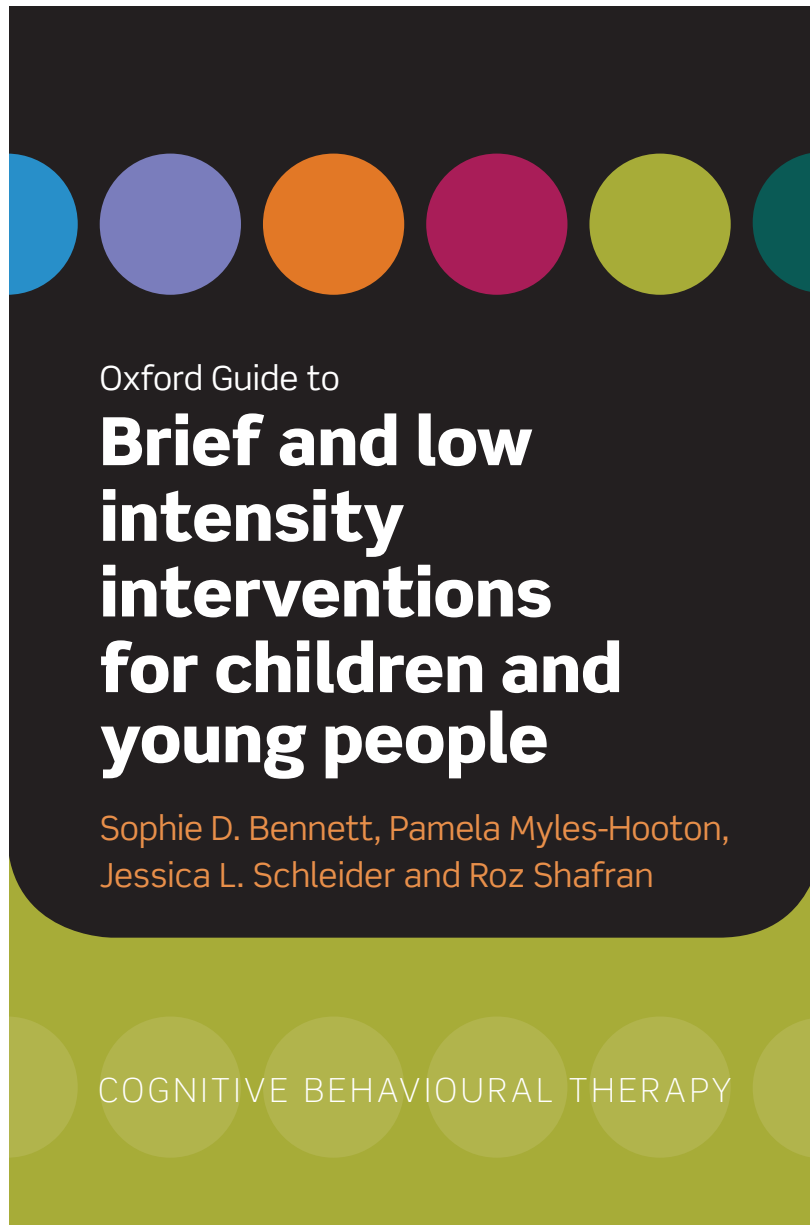
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Abstract

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Goals and ROMs



<https://global.oup.com/academic/product/oxford-guide-to-brief-and-low-intensity-interventions-for-children-and-young-people-9780198867791?cc=gb&lang=en&q=Aulus%20Gellius:%20Attic%20Nights>

Accessible GBO Project

CORC collaborates in BPS-funded project to grow best practice in using outcome measures in CYP with Learning Difficulties

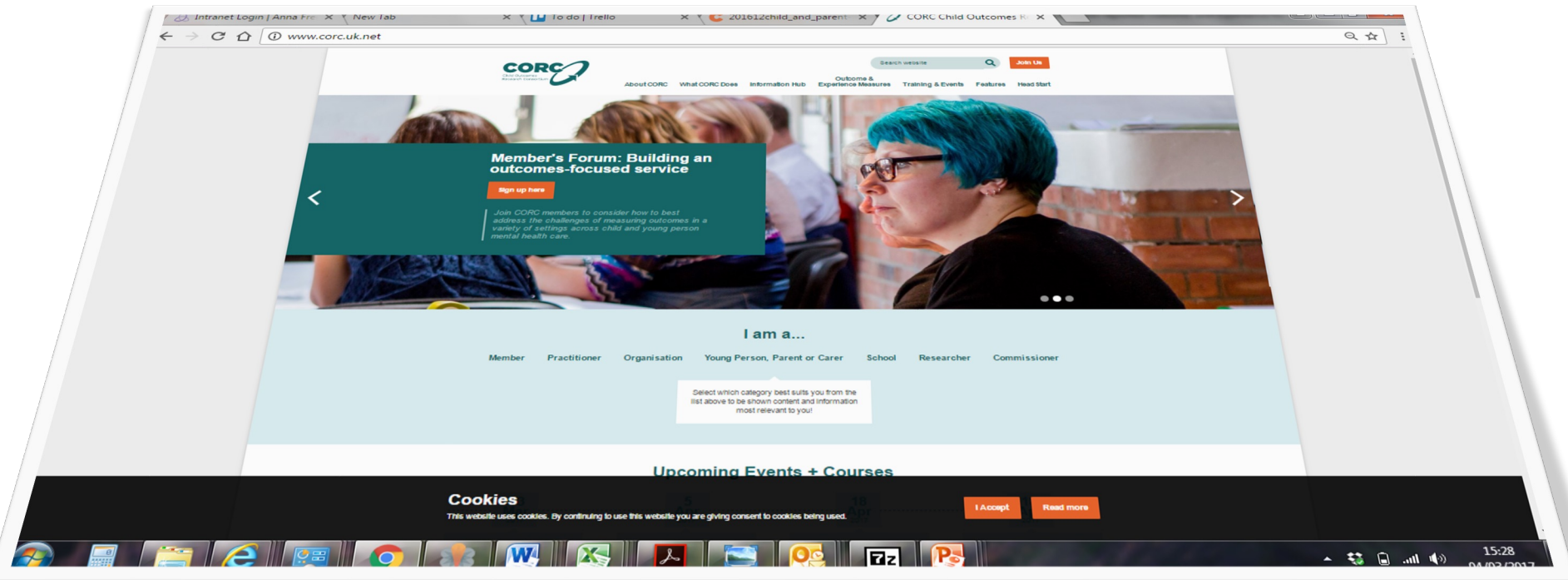
Special Measures?' - equality and diversity in feedback and outcome measures: Progressing practice and practice-guidance on measures and methods for children and young people with learning disabilities (LD), their families and networks



<https://www.corc.uk.net/resource-hub/working-with-learning-disabilities/>

We are excited to be a collaborator on this British Psychological Society (BPS) funded project. Currently there is no clear consensus about the best ways to measure outcomes

WWW.CORC.UK.NET



See it in practice

The screenshot displays the CORC (Child Outcomes Resource Centre) website. The top navigation bar includes links for 'About CORC', 'Information Hub', 'Outcome & Experience Measures', 'Training & Events', 'News & Blog', and 'For Commissioners'. A search bar and 'Member Sign In'/'Join Us' buttons are also present. The main content area features a section titled 'Goal Based Outcomes' with a description: 'GBOs are a way of evaluating progress towards a goal in clinical work with children, young people, and their families and carers. GBOs compare how far a child or young person feels they have moved towards reaching a goal that they have set for themselves at the beginning of an intervention.' Below this is an 'Overview' section explaining that GBOs are not a model of therapy but a way of deciding at the beginning of an intervention where you want to head for, and to track progress along the way. It also mentions that GBOs are used as part of a battery of outcome measures, in conjunction with sound clinical feedback and judgement, to get the best from an intervention. A video series is highlighted, titled 'This series of videos has been developed by the Children's Wellbeing Practitioner (CWP) Programme in conjunction with the Anna Freud National Centre for Children and Families and the London and South East CYP-IAPT Learning Collaborative. The videos show examples of ways that practitioners and young people might work together to set and review collaborative goals. These videos are intended to provide examples of good practice and areas that could be improved, with the intention that they will facilitate discussions around goal setting.' A link 'Click here to download the whole series' is provided. Below the text are six video thumbnails, each with a title, description, and a play button. The thumbnails are: 1. 'Clip 1: Adolescent with Anxiety - Discussing Difficulty - 1080p' (04:06), 2. 'Clip 2: AWLM - Discussing YP Difficulty - 1080p' (01:02), 3. 'Clip 3: Adolescent with Anxiety - Discussing POD - 1080p' (04:21), 4. 'Clip 4: AWLM - Setting Goals - 1080p' (04:40), 5. 'Clip 5: Adolescent with Anxiety - Setting Goals on POD - 1080p' (03:16), and 6. 'Clip 6: AWLM - Introducing the GBO - 1080p' (02:38).

CORC
Child Outcomes Resource Centre

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For Young People For Schools

Goal Based Outcomes

GBOs are a way of evaluating progress towards a goal in clinical work with children, young people, and their families and carers. GBOs compare how far a child or young person feels they have moved towards reaching a goal that they have set for themselves at the beginning of an intervention.

Overview

GBOs are not a model of therapy, nor do they try to promote any one particular therapeutic modality above another. GBOs can be used with any intervention any therapeutic modality. GBOs are simply a way of deciding at the beginning of an intervention where you want to head for, and to track progress along the way. GBOs are also a powerful tool to facilitate shared decision making and more personalised care in children and young people's mental health and wellbeing services. It is true that some therapeutic modalities have goals and the model of goals is already built into the intervention themselves: e.g., Cognitive Behavioural Therapy (CBT), Cognitive Analytic Therapy (CAT) and solution focused therapy. Hopefully, any therapeutic process starts with a joint understanding of what the goals of the intervention are (the destination) before the therapy (the vehicle) begins.

GBOs are certainly not making any claims to be the 'silver bullet' of outcome measures, they are one way of getting useful information about progress in an intervention. They are best used as part of a battery of outcome measures, in conjunction with sound clinical feedback and judgement, to get the best from an intervention has gone. They can be shared with the young person to use in supervision; for your own reflective practice, or as evidence of good practice for service managers and commissioners.

VIDEOS

This series of videos has been developed by the Children's Wellbeing Practitioner (CWP) Programme in conjunction with the Anna Freud National Centre for Children and Families and the London and South East CYP-IAPT Learning Collaborative. The videos show examples of ways that practitioners and young people might work together to set and review collaborative goals. These videos are intended to provide examples of good practice and areas that could be improved, with the intention that they will facilitate discussions around goal setting.

[Click here to download the whole series](#)

Clip 1: Adolescent with Anxiety - Discussing Difficulty - 1080p

from CORC [the Young Person's Difficulties (session 1)]

Focusing on:

- R session model
- Achieving goals within 2 sessions

04:06

Clip 2: AWLM - Discussing YP Difficulty - 1080p

from CORC [the Young Person's Difficulties (session 1)]

Focusing on:

- Discussing and clarifying understanding of difficulties

01:02

Clip 3: Adolescent with Anxiety - Discussing POD - 1080p

from CORC [the Young Person's Difficulties (session 1)]

Focusing on:

- The use of outcome measures
- Introducing GBOs
- Introducing the GBO - HIT

04:21

Clip 4: AWLM - Setting Goals - 1080p

from CORC [the Young Person's Difficulties (session 1)]

Focusing on:

- Working collaboratively to set goals

04:40

Clip 5: Adolescent with Anxiety - Setting Goals on POD - 1080p

from CORC [the Young Person's Difficulties (session 1)]

Focusing on:

- Setting goals on POD

03:16

Clip 6: AWLM - Introducing the GBO - 1080p

from CORC [the GBO - HIT (session 1)]

Focusing on:

- Introducing the concept of Guided Self Help
- Introducing the Helpful Ideas Tracker (HIT) as a goal

02:38

<https://www.corc.uk.net/outcome-experience-measures/goal-based-outcomes/>

Thanks for listening

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