SNAP® Facilitator Goal Setting Sheet



Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| I – General Therapeutic Skills *(1= low ability, 3= average ability, 5= excellent ability)* | | | |
| Active Listening | 1—2—3—4—5 n/a | Empathy Building | **1—2—3—4—5 n/a** |
| Bridging | **1—2—3—4—5 n/a** | Enthusiasm | **1—2—3—4—5 n/a** |
| Challenge Cognitive Distortions/ Thinking Errors/Hard Thoughts | **1—2—3—4—5 n/a** | Models giving/receiving feedback | **1—2—3—4—5 n/a** |
| Coaching | **1—2—3—4—5 n/a** | Participation Encouraged | **1—2—3—4—5 n/a** |
| Conflict Mediation | **1—2—3—4—5 n/a** | Probing | **1—2—3—4—5 n/a** |
| Cross-talk | **1—2—3—4—5 n/a** | Self-Talk | **1—2—3—4—5 n/a** |
| Eliciting Emotional Arousal | **1—2—3—4—5 n/a** | Validation | **1—2—3—4—5 n/a** |

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| SNAP® Specific Skills *(1= low ability, 3= average ability, 5= excellent ability)* | | | |
| Identifying/reinforcing evidence of SNAP® strategies | 1—2—3—4—5 n/a | SNAP® modeled | **1—2—3—4—5 n/a** |
| Promoting Awareness of SNAP® Factors | **1—2—3—4—5 n/a** | Use of proper SNAP terms | **1—2—3—4—5 n/a** |

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| II - Behaviour Modification Skills *(1= low ability, 3= average ability, 5= excellent ability)* | | | |
| Rewards/Incentive System | 1—2—3—4—5 n/a | Reframing | **1—2—3—4—5 n/a** |
| Planned Ignoring | **1—2—3—4—5 n/a** | Limit Setting | **1—2—3—4—5 n/a** |
| Redirection | **1—2—3—4—5 n/a** |  |  |

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| III – Time Management Skills *(1= low ability, 3= average ability, 5= excellent ability)* | | | |
| Transition Statements | **1—2—3—4—5 n/a** | Pacing | **1—2—3—4—5 n/a** |

**What is your goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Steps Necessary to Achieve Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| How did you do on your goal? *(1= needs improvement, 3= average, 5= excellent)* | | | |
| Session 1 | 1—2—3—4—5 n/a | Session 7 | **1—2—3—4—5 n/a** |
| Session 2 | **1—2—3—4—5 n/a** | Session 8 | **1—2—3—4—5 n/a** |
| Session 3 | **1—2—3—4—5 n/a** | Session 9 | **1—2—3—4—5 n/a** |
| Session 4 | **1—2—3—4—5 n/a** | Session 10 | **1—2—3—4—5 n/a** |
| Session 5 | **1—2—3—4—5 n/a** | Session 11 | **1—2—3—4—5 n/a** |
| Session 6 | **1—2—3—4—5 n/a** | Session 12 | **1—2—3—4—5 n/a** |

**Did you achieve your goal? Yes – No,** if yes: In which session? **1-2-3-4-5-6-7-8-9-10-11-12**

**What is your new goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Steps Necessary to Achieve Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Did you achieve your goal? Yes – No,** if yes: In which session? **1-2-3-4-5-6-7-8-9-10-11-12**

**What is your new goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Steps Necessary to Achieve Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Did you achieve your goal? Yes – No,** if yes: In which session? **1-2-3-4-5-6-7-8-9-10-11-12**

**What is your new goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Steps Necessary to Achieve Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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