

# Concussion - Pathway to Recovery Program

## Session 8 - Treatment goal reset

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Cognitive behavioral therapy: goals for treatment

- CBT works best when we have clear, concrete goals to work towards.
- What are new goals or refined goals after 8 weeks?

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### Goal 1

- Describe in concrete terms where your functioning will be in 4 weeks and beyond.

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### Goal 2

- Describe in concrete terms where your functioning will be in 4 weeks and beyond.

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### Goal 3

- Describe in concrete terms where your functioning will be in 4 weeks and beyond.