

Bern Inventory of Therapy Goals – Taxonomy of Treatment-Goal Themes (BIT-T, v. 4.0)

Coping with Specific Problems and Symptoms (P)	
Depressive Symptoms	<ul style="list-style-type: none"> • Negative thoughts • Negative moods • Loss of drive / energy • Not otherwise specified (NOS) • Other specific goals in this category (OSG)
Suicidality and Self-injury	<ul style="list-style-type: none"> • Self-injurious behavior • Suicidality • NOS • OSG
Fears or Anxiety	<ul style="list-style-type: none"> • Fears/anxiety in specific situations • Panic attacks • Social phobic fears • NOS • OSG
Obsessive Thoughts and Compulsive Behaviors	<ul style="list-style-type: none"> • Obsessions or compulsions
Coping with Trauma	<ul style="list-style-type: none"> • Traumas
Substance Use and Addiction	<ul style="list-style-type: none"> • Somatic withdrawal • Changing addictive behaviors • NOS • OSG
Eating Behaviors	<ul style="list-style-type: none"> • Coping with problematic eating patterns (bulimia, anorexia) • Obesity • NOS • OSG
Sleep	<ul style="list-style-type: none"> • Sleeping problems
Sexuality	<ul style="list-style-type: none"> • Sexual problems
Coping with Somatic Problems	<ul style="list-style-type: none"> • Pain • Chronic illnesses • NOS

	<ul style="list-style-type: none"> • OSG
Difficulties in specific life domains / Stress	<ul style="list-style-type: none"> • Stress • Housing problems • Work and education • Time management • NOS • OSG
Medication	<ul style="list-style-type: none"> • Medication
Not Otherwise Specified (NOS)	<ul style="list-style-type: none"> • NOS
Other specific goals in this category (OSG)	<ul style="list-style-type: none"> • OSG
Interpersonal Goals (I)	
Current Relationship	<ul style="list-style-type: none"> • Relationship with partner, spouse, or significant other • Improve sex-life with partner, spouse, or significant other • Expectations, feelings related to partner, spouse, or significant other • NOS • OSG
Current family	<ul style="list-style-type: none"> • Parenthood • Family situation • NOS • OSG
Family of origin	<ul style="list-style-type: none"> • Family of origin
Other specific relationships	<ul style="list-style-type: none"> • Other specific relationships
Loneliness and grief	<ul style="list-style-type: none"> • Coping with loneliness • Grieving loss
Assertiveness and boundary issues	<ul style="list-style-type: none"> • Assertive behaviors • Cognitive / emotional readiness for assertiveness • NOS • OSG
Connectedness and intimacy	<ul style="list-style-type: none"> • Increase frequency and quality of interpersonal contact • Permitting intimacy • Prepare for new relationship • NOS

	<ul style="list-style-type: none"> • OSG
NOS	<ul style="list-style-type: none"> • NOS
Other specific goals in this category	<ul style="list-style-type: none"> • Other specific goals in this category
Well-being and Functioning (W)	
Exercise and Activity	<ul style="list-style-type: none"> • Increase exercise • Improve leisure activities • NOS • OSG
Relaxation and Composure	<ul style="list-style-type: none"> • Learn to relax • increasing calmness and composure • NOS • OSG
Well-being	<ul style="list-style-type: none"> • Mental well-being (depressive context) • Mental well-being (other) • Sense of comfort with body • NOS • OSG
NOS	<ul style="list-style-type: none"> • NOS
Other specific goals in this category	<ul style="list-style-type: none"> • OSG
Existential Issues (O)	
Past, Present, and Future	<ul style="list-style-type: none"> • Processing personal history • Reflecting self and future • NOS • OSG
Meaning of Life	<ul style="list-style-type: none"> • Spiritual, religious, or meaning issues
NOS	<ul style="list-style-type: none"> • NOS
OSG	<ul style="list-style-type: none"> • OSG
Personal Growth (S)	
Attitude towards self	<ul style="list-style-type: none"> • Improve self-confidence, self-esteem • Improve self-acceptance • NOS • OSG
Desires and Wishes	<ul style="list-style-type: none"> • Recognizing desires and wishes • Fulfilling desires and wishes • NOS • OSG

Responsibility and Self-Control	<ul style="list-style-type: none"> • Assuming responsibility or learning to make decisions • Learning to delegate responsibility or decrease perfectionism • NOS • OSG
Emotion Regulation	<ul style="list-style-type: none"> • Learning to handle emotions
NOS	<ul style="list-style-type: none"> • NOS
Other specific goals in this category	<ul style="list-style-type: none"> • Other specific goals in this category
Residual Categories	
Rejuvenation	<ul style="list-style-type: none"> • Rejuvenation
Psychosocial Rehabilitation	<ul style="list-style-type: none"> • Psychosocial Rehabilitation
Somatic Rehabilitation	<ul style="list-style-type: none"> • Somatic Rehabilitation
Goals that cannot be categorized	<ul style="list-style-type: none"> • Goals that cannot be categorized
No treatment goals	<ul style="list-style-type: none"> • No treatment goals