

Table 1. *Domains, Themes, and Subthemes with Frequency of Responses Post-Session 4, and Validation at Follow-Up*

	post-session 4 n (%)	Follow-up n (%)
<b>Helpful aspects of goal-oriented practice (Domain 1)</b>		
<b>Core theme: Helped clients move from intention to action</b>		
<b>Goal-oriented practices facilitated introspection and a greater awareness of oneself and problems</b>	<b>13 (59.1%)</b>	<b>6 (42.8%)</b>
An awareness of behaviors, plans and steps to achieve goals	7 (31.8%)	0 (0%)
An awareness of thoughts and feelings	7 (31.8%)	2 (14.3%)
A more consistent awareness of goals	6 (27.3%)	4 (28.6%)
<b>Having goals brought clarity, associated with a problem being easier to solve or share</b>	<b>11 (50%)</b>	<b>2 (14.3%)</b>
Having goals made it easier to understand, share, and accept problems	6 (27.2%)	1 (7.1%)
Concrete goals formulated with words simplified the problem	5 (22.7%)	1 (7.1%)
<b>Goals brought a focus that enhanced motivation, created a common ground, and was enabling of action and expression</b>	<b>15 (68.2%)</b>	<b>9 (64.3%)</b>
Goals brought focus and direction associated with motivation	11 (50%)	6 (42.8%)
Goals focus served as "common ground" to refer back to	7 (31.8%)	6 (42.8%)
Goals focus was enabling to talk and empowering to act	6 (27.3%)	3 (21.4%)
<b>Having goals contributed to a predictable structure that felt safe and comforting</b>	<b>8 (36.4%)</b>	<b>1 (7.1%)</b>
<b>Goal-oriented practices implied breaking down superordinate goals into manageable tasks that relieved pressure or facilitated a sense of achievement</b>	<b>12 (54.5%)</b>	<b>3 (21.4%)</b>
<b>Goal-oriented practices implied monitoring goal progress that guided and reinforced client progress</b>	<b>9 (40.9%)</b>	<b>7 (50%)</b>
Putting goals down on paper and monitoring them visually guided and reinforced progress	4 (18.2%)	3 (21.4%)
<b>Challenging aspects of goal-oriented practices (Domain 2)</b>		
<b>Core theme: Hindered awareness and clarity of own intentions and potential steps forward</b>		
<b>Creating goals felt demotivating and pointless due to the overbearing nature of clients' problems</b>	<b>8 (36.4%)</b>	<b>3 (21.4%)</b>
Clients identified with problems seeing them as a part of the self	7 (31.8%)	0 (0%)
Clients felt strongly about looking at the big picture or the amount of hurdles felt overwhelming	5 (22.7%)	3 (21.4%)
<b>Formulating goals was difficult due to uncertainty in the beginning of therapy</b>	<b>17 (77.3%)</b>	<b>2 (14.3%)</b>
Uncertainty around expectations of therapy processes	11 (50%)	0 (0%)
Uncertainty around identifying goals	9 (40.9%)	1 (7.1%)
Uncertainty around self-understanding	8 (36.4%)	2 (14.3%)
<b>Articulating problems in terms of goals could feel incongruent with a client's lived experience due to an incongruent format, an illusion of professionalism or structure, or a sense of accomplishment on a superficial level</b>	<b>7 (31.8%)</b>	<b>2 (14.3%)</b>

Running head: CLIENTS' EXPERIENCES OF GOAL-ORIENTED PRACTICES

<b>Clients would not feel heard because of a mechanistic structure or misrepresentation of their problems</b>	<b>5 (22.7%)</b>	<b>1 (7.1%)</b>
<b>Setting goals involved commitment that increased fear of failure</b>	<b>3 (13.6%)</b>	<b>3 (21.4%)</b>
<b>Goals could become irrelevant over time</b>	<b>8 (36.4%)</b>	<b>6 (42.8%)</b>
There could be a change in priorities due to circumstances, knowing or understanding something new, or achieving the goals	7 (31.8%)	6 (42.8%)
Goals addressed issues that were only relevant at the time or to please the therapist	4 (18.2%)	3 (21.4%)
<b>Shifting affects associated with changing perceptions of progress could be disorientating</b>	<b>13 (59.1%)</b>	<b>3 (21.4%)</b>
Lack of achievement felt disheartening, or an added failure	10 (45.4%)	3 (21.4%)
Oscillating affects could be exhausting and disorientating	5 (22.7%)	0 (0%)
Aspects of goal-oriented practice that could facilitate experiences of relevance, investment, and progress (Domain 3)		
<b>Core theme: The relevance and effectiveness of goal-oriented practices hinged on client, therapist, and treatment factors</b>		
<b>Clients emphasized how they managed their own expectations around goal-oriented practices</b>	<b>16 (72.7%)</b>	<b>2 (14.3%)</b>
Clients aimed to be realistic, by setting achievable goals, and recognizing that change takes time.	9 (40.9%)	2 (14.3%)
Clients felt accepting of the possibility of failing	6 (27.3%)	0 (0%)
Clients lowered their expectations	5 (22.7%)	0 (0%)
<b>Clients experienced goal-oriented practices as enhanced when therapists offered targeted supportive interventions</b>	<b>18 (81.8%)</b>	<b>6 (42.8%)</b>
Therapists provided guidance or took the lead in goals work	14 (63.6%)	3 (21.4%)
Therapists facilitated goals work through listening or providing reassurance	12 (54.5%)	3 (21.4%)
Therapists facilitated goals work through emphasizing helpful aspects of goal-oriented practice	9 (40.9%)	2 (14.3%)
<b>The benefits hinged on a flexible structure around goal-oriented practices</b>	<b>13 (59.1%)</b>	<b>7 (50%)</b>
To best orient the therapy process, or reflect clients' preferences	11 (45.4%)	6 (42.8%)
To allow for meanings around goals to emerge	9 (40.9%)	3 (21.4%)
Goals as an implicit part of the dialogue may be more helpful	6 (27.3%)	2 (14.3%)
<b>Helpful goal-oriented practice was facilitated by having enough time in sessions and for the therapy</b>	<b>12 (54.5%)</b>	<b>0 (0%)</b>
To experience and know what one wants	4 (18.2%)	0 (0%)
To establish enough trust with the therapist	4 (18.2%)	0 (0%)
To go into specifics, and have hope that therapy will help achieve goals	4 (18.2%)	0 (0%)
<b>Clients experienced processes of collaboration and dialogue as facilitative in goal-oriented practice</b>	<b>10 (45.4%)</b>	<b>2 (14.3%)</b>

---

Note. *n* = Number of participants with at least one code in theme/subtheme