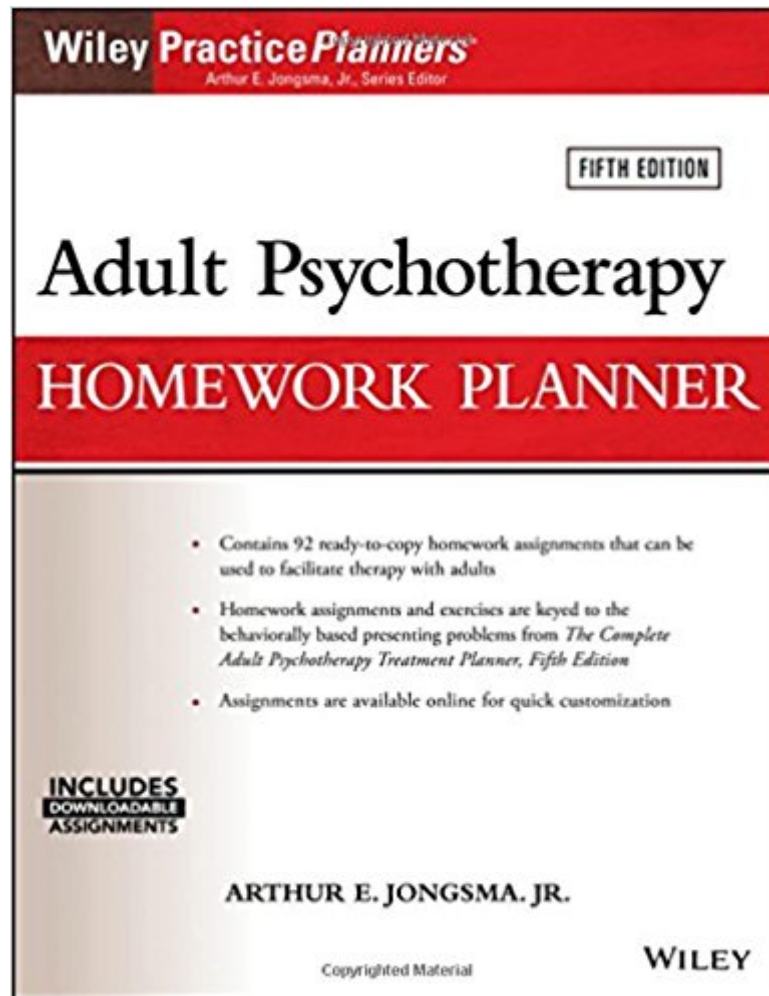




The book was found

Adult Psychotherapy Homework Planner (PracticePlanners)



Synopsis

Features new and updated assignments and exercises to meet the changing needs of mental health professionals The Adult Psychotherapy Homework Planner, Fifth Edition provides you with an array of ready-to-use, between-session assignments designed to fit virtually every therapeutic mode. This easy-to-use sourcebook features: 92 ready-to-copy exercises covering the most common issues encountered by adult clients including such problems as chronic pain, family conflict, and anxiety A quick-reference formatâ”the interactive assignments are grouped by behavioral problems including depression, low self-esteem, panic, dependency, eating disorders, and phase-of-life problems Expert guidance on how and when to make the most efficient use of the exercises Assignments cross-referenced to The Complete Adult Psychotherapy Treatment Planner, Fifth Editionâ”so you can quickly identify the right exercises for a given situation or problem All exercises are available online for you to download and customize to suit you and your clients' unique styles and needs

Book Information

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Average Customer Review: 5.0 out of 5 starsÂ” See all reviewsÂ” (3 customer reviews)

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Customer Reviews

Helpful resource. Allows me to provide handouts to reinforce concepts. Very nice to have all the handouts available digitally as well.

This planner has great assignments to help my clients gain insight and learn healthy coping skills to deal with their issues.

Easy to use and very helpful!

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