

# The Complete **DEPRESSION** Treatment and Homework Planner

- Contains more than 1,000 prewritten goals, objectives, and interventions for treating depression and depression-related disorders
- Includes clinically proven, ready-to-copy homework exercises and assignments
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Arthur E. Jongsma, Jr., Editor

# The Complete Depression Treatment And Homework Planner

**Arthur E. Jongsma, Jr.,David J.  
Berghuis**

## **The Complete Depression Treatment And Homework Planner:**

The Complete Depression Treatment and Homework Planner Arthur E. Jongsma, Jr., 2004-02-26 Contains more than 1 000 prewritten goals objectives and interventions for treating depression and depression related disorders Includes clinically proven ready to copy homework exercises and assignments Sample treatment plans and customizable exercises may be easily downloaded online at [www.wiley.com/go/completeplanners](http://www.wiley.com/go/completeplanners) The Bestselling treatment planning system for mental health professionals Utilizing the methodology of the bestselling PracticePlanners series The Complete Depression Treatment and Homework Planner provides an all in one resource for treating clinical depression saving time and paperwork while allowing you the freedom to develop established and proven treatment plans for adults children adolescents and other subgroups and populations Includes a wide range of behavioral definition statements describing client symptoms as well as over 25 customizable homework and activity assignments to be used during treatment Provides long term goals short term objectives and recommended interventions as well as DSM IV TRTM diagnostic suggestions associated with each presenting problem Ready to copy exercises cover the most common issues encountered by a wide range of client groups suffering from depression A quick reference format the interactive assignments are grouped by patient type such as employee spouse adolescent addicted adult acute inpatient and more Expert guidance on how and when to make the most efficient use of the exercises Includes access to ancillary Web site with downloadable resources including sample treatment plans and customizable homework exercises Additional resources in the PracticePlanners series For more information on our PracticePlanners products including our full line of Treatment Planners and Homework Planners visit us on the Web at [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners) The Complete series of books combine our bestselling Treatment Planners and Homework Planners into one easy to use all in one resource for mental health professionals treating clients suffering from a wide range of disorders Treatment Planners cover all the necessary elements for developing formal treatment plans including detailed problem definitions long term goals short term objectives therapeutic interventions and DSMTM diagnoses

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**Adolescent Psychotherapy Homework Planner** Arthur E. Jongsma, Jr.,L. Mark Peterson,William P. McInnis,Timothy J. Bruce,2023-09-08 Evidence based and effective clinical homework for adolescent clients and their caregivers In the newly updated sixth edition of The Adolescent Psychotherapy Homework Planner a team of distinguished practitioners delivers a time saving and hands on practice tool designed to offer clients valuable homework assignments that will further their treatment goals for a wide variety of presenting problems The Homework Planner addresses common and less common disorders including anxiety depression substance use eating and panic allowing the client to work between sessions on issues that are the focus of therapy This book provides evidence based homework assignments that track the psychotherapeutic interventions suggested by the fifth edition of The Adolescent Psychotherapy Treatment Planner They are easily photocopied and a digital version is provided online for

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Homework Planner is an indispensable resource for any mental health professional who works with adult clients     **Adult Psychotherapy Homework Planner** Arthur E. Jongsma, Jr.,2003-12-29 Help adult clients develop the skills they need to work through problems The Adult Psychotherapy Homework Planner 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 61 ready to copy exercises covering the most common issues encountered by adults in therapy A quick reference format the interactive assignments are grouped by behavioral problem such as chemical dependence grief financial stress and low self esteem Expert guidance on how and when to make the most efficient use of the exercises Assignments that are cross referenced to The Complete Adult Psychotherapy Treatment Planner Third Edition so you can quickly identify the right exercise for a given situation or behavioral problem A CD ROM that contains all the exercises in a word processing format allowing you to customize them to suit you and your clients unique styles and needs     **The Complete Adult Psychotherapy Treatment**

**Planner** David J. Berghuis,L. Mark Peterson,Timothy J. Bruce,2014-01-02 A time saving resource fully revised to meet the changing needs of mental health professionals The Complete Adult Psychotherapy Treatment Planner Fifth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions including anger control problems low self esteem phobias and social anxiety Organized around 43 behaviorally based presenting problems including depression intimate relationship conflicts chronic pain anxiety substance use borderline personality and more Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem or DSM 5 diagnosis Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA     **Group Therapy Homework**

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guidelines and an array of prewritten treatment plan components for child behavioral and psychological problems including anger management chemical dependence depression financial stress low self esteem and obsessive compulsive disorder OCD

**The Complete Adult Psychotherapy Treatment Planner** David J. Berghuis, L. Mark Peterson, 2012-07-03 The Complete Adult Psychotherapy Treatment Planner Fourth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies. New edition features Empirically supported evidence based treatment interventions Organized around 43 main presenting problems including anger management chemical dependence depression financial stress low self esteem and Obsessive Compulsive Disorder. Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options. Easy to use reference format helps locate treatment plan components by behavioral problem. Designed to correspond with the The Adult Psychotherapy Progress Notes Planner Third Edition and the Adult Psychotherapy Homework Planner Second Edition. Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF, JCAHO and NCQA.

Brief Family Therapy Homework Planner Louis J. Bevilacqua, Frank M. Dattilio, 2001-03-20 CONTENIDO Addictions Adoption Anger Problems Anxiety Behavioral Problems in Children and Adolescents Bipolar Disorder Blaming Blended Families Child Sexual Abuse Communication Problems Death Loss Issues Depression Disillusionment with Family Ties Divorce Separation Eating Disorders External Activities Affecting Family Role Family Business Conflicts Family of Origin Interference Foster Care Geographic Relocation Inheritance Disputes Interracial Family Problems Intolerance Defensiveness Jealousy Insecurity Life Threatening Chronic Illness Multiple Birth Dilemmas Pervasive Developmental Disorders Physical Disabilities Religious Spiritual Conflicts Schizophrenia School Problems Sexual Preferences Suicide Attempts Unwanted Unplanned Pregnancies

**The Addiction Treatment Planner** Robert R. Perkinson, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2022-03-29 Clarify, simplify and accelerate the treatment planning process so you can spend more time with clients. The Addiction Treatment Planner Sixth Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies. This valuable resource contains treatment plan components for 48 behaviorally based presenting problems including depression, intimate relationship conflicts, chronic pain, anxiety, substance use, borderline personality, and more. You'll save hours by speeding up the completion of time consuming paperwork without sacrificing your freedom to develop customized treatment plans for clients. This updated edition includes new and revised evidence based objectives and interventions, new online resources, expanded references, an expanded list of client workbooks and self help titles, and the latest information on assessment instruments. In addition, you'll find new chapters on some of today's most challenging issues: Opioid Use Disorder, Panic, Agoraphobia, Loneliness, and Vocational Stress. New suggested homework exercises will help you encourage your clients to bridge their therapeutic work to home. Quickly

and easily develop treatment plans that satisfy third party requirements Access extensive references for treatment techniques client workbooks and more Offer effective and evidence based homework exercises to clients with any of 48 behaviorally based presenting problems Enjoy time saving treatment goals objectives and interventions plus space to record your own customized treatment plan This book's easy to use reference format helps locate treatment plan components by presenting behavioral problem or DSM 5 diagnosis Inside you'll also find a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA The Addiction Treatment Planner Sixth Edition will liberate you to focus on what's really important in your clinical work

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