

# Addiction Treatment Homework Planner

Adult Psychotherapy Homework Planner  
The Chemical Dependence Treatment Planner  
Integrating the 12 Steps into Addiction Therapy  
The Addiction Treatment Planner  
Couples Therapy Homework Planner  
Motivational Enhancement Therapy Manual  
Family Therapy Homework Planner  
Addiction Treatment Homework Planner  
The Addiction Recovery Skills Workbook  
Addiction Treatment Homework Planner  
Adolescent Psychotherapy Homework Planner  
Grief Counseling Homework Planner, (with Download)  
Addiction Treatment Homework Planner  
Music Therapy and Addictions  
The Addiction Progress Notes Planner  
The Addiction Treatment Planner  
Chemical Dependency Treatment  
School Counseling and School Social Work Homework Planner  
Parenting Skills Homework Planner (w/ Download)  
The Adolescent Psychotherapy Treatment Planner  
The Complete Adult Psychotherapy Treatment Planner  
Group Therapy Homework Planner, with Download  
EBook  
The Addiction Progress Notes Planner  
The School Counseling and School Social Work Treatment Planner  
Divorce Counseling Homework Planner  
Evidence-Based Treatment Planning for Substance Abuse Workbook  
The Group Therapy Treatment Planner  
Planning Health Promotion Programs  
The Complete Anxiety Treatment and Homework Planner  
The Complete Women's Psychotherapy Treatment Planner  
Overcoming Your Alcohol or Drug Problem  
The Complete Adult Psychotherapy Treatment Planner  
The Parenting Skills

## Download Free Addiction Treatment Homework Planner

Treatment Planner  
The Sexual Abuse Victim and Sexual Offender Treatment Planner, with DSM 5 Updates  
The Co-Occurring Disorders Treatment Planner  
The Adolescent Psychotherapy Progress Notes Planner  
The Adult Psychotherapy Progress Notes Planner  
Addiction Treatment Homework Planner  
The Early Childhood Education Intervention Treatment Planner  
Motivational Interviewing and CBT

### **Adult Psychotherapy Homework Planner**

Save hours of time-consuming paperwork with the bestselling treatment planning system The Adult Psychotherapy Progress Notes Planner, Fifth Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Complete Adult Psychotherapy Treatment Planner, Fifth Edition. The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation. Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized progress notes Organized around 43 behaviorally based presenting problems, including depression, intimate relationship conflicts, chronic pain, anxiety, substance abuse, borderline personality, and more Features over 1,000 prewritten progress notes (summarizing patient presentation, themes of session, and treatment delivered) Provides an array of treatment approaches that correspond with the behavioral problems and DSM-5TM diagnostic categories in The Complete Adult Psychotherapy Treatment Planner, Fifth Edition Offers sample progress notes that conform to the

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requirements of most third-party payors and accrediting agencies, including CARF, The Joint Commission (TJC), COA, and the NCQA Identifies the latest evidence-based care treatments with treatment language following specific guidelines set by managed care and accrediting agencies

### **The Chemical Dependence Treatment Planner**

New and updated assignments and exercises to meet the changing needs of mental health professionals The Adolescent 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: 146 ready-to-copy exercises covering the most common issues encountered by adolescent clients including such problems as blended families, substance use, and eating disorders A quick-reference format—the interactive assignments are grouped by behavioral problems including academic underachievement, anger control problems, depression, social anxiety, and sexual abuse Expert guidance on how and when to make the most efficient use of the exercises Assignments cross-referenced to The Adolescent Psychotherapy Treatment Planner, Fifth Edition—so you can quickly identify the right exercises for a given situation or problem A CD-ROM contains all the exercises in a word-processing format—allowing you to customize them to suit your and your clients' unique styles and needs

### **Integrating the 12 Steps into Addiction Therapy**

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 Addiction Treatment Planner**

Features new and updated assignments and exercises to meet the changing needs of mental health professionals. The Couples Therapy Homework Planner, Second 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:

- 71 ready-to-copy exercises covering the most common issues encountered by

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couples in therapy, such as financial conflict, infidelity, work/home role strain, and separation and divorce. A quick-reference format—the interactive assignments are grouped by behavioral problems including improving communications, handling parenting problems, and resolving sexual issues. Expert guidance on how and when to make the most efficient use of the exercises. Assignments are cross-referenced to *The Couples Psychotherapy Treatment Planner, Second Edition*—so you can quickly identify the right exercise for a given situation or problem. Downloadable content 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. Additional resources in the PracticePlanners® series: 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 DSM-5 diagnoses. Progress Notes Planners contain complete, prewritten progress notes for each presenting problem in the companion Treatment Planners. For more information on our PracticePlanners® products, including our full line of Treatment Planners, visit us on the Web at: [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners)

### **Couples Therapy Homework Planner**

This timesaving resource features: Treatment plan components for 27 behaviorally based presenting problems. Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record

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your own treatment plan options A step-by-step guide to writing treatment plans that meet the requirements of most insurance companies and third-party payors The Sexual Abuse Victim and Sexual Offender Treatment Planner 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 review agencies. Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized treatment plans for clients who are sexual abuse victims and/or sexual offenders Organized around 27 main presenting problems, including such offender issues as anger difficulties, deviant sexual arousal, and legal issues; such victim issues as eating disorders, self-blame, and social withdrawal; and such offender and victim issues as family reunification and self-esteem and stress-management deficits Over 1,000 well-crafted, clear statements describe the behavioral manifestations of each relational problem, long-term goals, short-term objectives, and clinically tested treatment options Easy-to-use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies (including HCFA, JCAHO, and NCQA)

## **Motivational Enhancement Therapy Manual**

The Bestselling treatment planning system for mental

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health professionals The Co-Occurring Disorders Treatment Planner 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 review agencies. A critical tool for mental health professionals treating patients coping simultaneously with mental illness and serious substance abuse Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized treatment plans Organized around 25 main presenting problems with a focus on treating adults and adolescents with alcohol, drug, or nicotine addictions, and co-occurring disorders including depression, PTSD, eating disorders, and ADHD Over 1,000 well-crafted, clear statements describe the behavioral manifestations of each relational problem, long-term goals, short-term objectives, and clinically tested treatment options Easy-to-use reference format helps locate treatment plan components by behavioral problem or DSM-IV-TR diagnosis Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies (including HCFA, JCAHO, and NCQA)

## **Family Therapy Homework Planner**

Utilizing the methodology of the bestselling PracticePlannersseries, The Complete Anxiety Treatment and Homework Plannerprovides an all-in-one resource for treating anxiety andanxiety-related disorders-saving time and paperwork while

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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 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-TR™ diagnostics suggestions associated with each presenting problem. Ready-to-copy exercises cover the most common issues encountered by a wide range of client groups struggling with anxiety and anxiety-related disorders. A quick-reference format—the interactive assignments are grouped by patient type, such as employee, school-based child, 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.

### **Addiction Treatment Homework Planner**

Recent studies show that music can reach the parts of the human brain that are linked to addiction, and can function as an integral part of recovery. This research-based, practical book demonstrates how music and music therapy can be applied in a variety of treatment settings to bring about therapeutic change. Addictions such as alcohol, gambling and drugs are all covered in this interdisciplinary text, and chapters

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explore everything from the meaning of music in the lives of addicts to devising music therapy programs, enhancing coping strategies and preventing relapse. Lifestyle issues are also considered, along with the role of therapeutic communities, and connections in the brain between addiction, music, memory and emotion. The strategies outlined are relevant to addicts and recovering addicts of all ages. This book will be of interest to music therapists, substance abuse counsellors, and anybody else interested in the relationship between music and addiction and the therapeutic use of music.

### **The Addiction Recovery Skills Workbook**

Help clients suffering from chemical and nonchemical addictions develop the skills they need to work through problems. The Addiction Treatment 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: 100 ready-to-copy exercises covering the most common issues encountered by clients suffering from chemical and nonchemical addictions, such as anxiety, impulsivity, childhood trauma, dependent traits, and occupational problems A quick-reference format—the interactive assignments are grouped by behavioral problems including alcoholism, nicotine dependence, and sleep disturbance as well as those problems that do not involve psychoactive substances, such as problem gambling, eating disorders, and sexual addictions Expert guidance on how and when to make the most

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efficient use of the exercises Assignments that are cross-referenced to The Addiction Treatment Planner, Fifth Edition so you can quickly identify the right exercise 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

### **Addiction Treatment Homework Planner**

### **Adolescent Psychotherapy Homework Planner**

Planning Health Promotion Programs This thoroughly revised and updated third edition of Planning Health Promotion Programs provides a powerful, practical resource for the planning and development of health education and health promotion programs. At the heart of the book is a streamlined presentation of Intervention Mapping, a useful tool for the planning and development of effective programs. The steps and tasks of Intervention Mapping offer a framework for making and documenting decisions for influencing change in behavior and environmental conditions to promote health and to prevent or improve a health problem. Planning Health Promotion Programs gives health education and promotion professionals and researchers information on the latest advances in the field, updated examples and explanations, and new illustrative case studies. In addition, the book has been redesigned to be more teachable, practical, and practitioner-friendly.

### **Grief Counseling Homework Planner, (with Download)**

Contains 79 ready-to-copy homework assignments that can be used to facilitate group therapy Homework assignments and exercises are keyed to the behaviorally based presenting problems from The Group Therapy Treatment Planner Assignments are available online for quick customization Help clients in group therapy develop the skills they need to work through problems Group Therapy Homework Planner provides you with an array of ready-to-use, between-session assignments designed to help clients in group therapy. This easy-to-use sourcebook features: 79 ready-to-copy exercises covering the most common issues encountered in group therapy A quick-reference format—the interactive assignments are grouped by behavioral problem, such as anxiety, bulimia, chemical dependence, and depression Expert guidance on how and when to make the most efficient use of the exercises Assignments that are cross-referenced to The Group Therapy Treatment Planner—so you can quickly identify the right exercise for a given situation or behavioral problem All exercises are available online for you to download and customize to suit you and your clients' unique styles and needs

### **Addiction Treatment Homework Planner**

There is growing pressure to ensure that patients receive care that is proven effective and subsequently, a tremendous need to train mental

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health practitioners in the latest in Evidence-Based Practice (EBP). The DVD in Evidence-Based Treatment Planning for Substance Abuse Disorders DVD/Workbook Study Package demonstrates the techniques and treatment interventions covered in the lecture, and the workbook guides staff in implementation of the interventions with their clients subsequent to the DVD training. Ideal for training mental health professionals at any level.

### **Music Therapy and Addictions**

Contains 78 ready-to-copy homework assignments that can be used to facilitate family therapy Homework assignments and exercises are keyed to the behaviorally based presenting problems from The Family Therapy Treatment Planner, Second Edition Assignments are available online for quick customization Features new and updated assignments and exercises to meet the changing needs of mental health professionals The Family Therapy Homework Planner, Second 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: New and updated homework assignments consistent with evidence-based therapies and grouped by presenting problems including adoption, communication issues, interracial family problems, sexual abuse, and school concerns 78 ready-to-copy exercises covering the most common issues encountered by families in therapy, such as family-of-origin interference, depression in family members,

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divorce, financial conflict, adolescent and parent conflicts, traumatic life events, and dependency issues Expert guidance on how and when to make the most efficient use of the exercises Assignments that are cross-referenced to The Family Therapy Treatment Planner, Second Edition—so you can quickly identify the right exercise 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 For more information on our PracticePlanners® products, including our full line of Treatment Planners, visit us on the Web at [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners)

### **The Addiction Progress Notes Planner**

An Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book Recommendation. Winner of the 4Th International Beverly Hills Book Awards in the category of Addiction & Recovery! Is your addiction taking control of your life? This book provides an integrative, seven-step program to help you finally overcome drug and alcohol addiction, once and for all. If you struggle with addiction, seeking treatment is a powerful, positive first step toward eventual recovery. But gaining an understanding of the causes of addiction—such as feelings of helplessness or loss of control—is also crucial for recovery. In this book, addiction expert Suzette Glasner-Edwards offers evidence-based techniques fusing cognitive behavioral therapy (CBT), motivational interviewing, and mindfulness-based relapse prevention to help you move past your addictive behaviors. On the long road

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to addiction recovery, you need as many tools as possible to help you stay sober and reach your destination. That's why this is the first book to combine research-proven motivational techniques, CBT, and mindfulness-based strategies to help you create your own unique recovery plan. The book can be used on its own or as an adjunct to rehab or therapy. It also makes a wonderful resource for loved ones and professionals treating addiction. If you're ready to take that important first step toward recovery, this book can help you beat your addiction and get back to living a full, meaningful life.

### **The Addiction Treatment Planner**

Ready-to-use therapeutic exercises for overcoming parenting deficits The Parenting Skills Homework Planner provides complete, customizable, copy-ready exercises for use with parents in therapy. Designed as a companion for the Parenting Skills Treatment Planner, this invaluable resource can also be used alone to facilitate counseling and help clients take a more proactive role. Organized by topic, each section provides specific goals for each exercise and suggests additional exercises that may help clients organize their thoughts and behaviors surrounding complex family dynamics. From behavioral problems and negative relationships to career development, blended families, grandparenting, and much more, this book provides practical tools for therapists helping clients navigate the landmines of parenthood. In an era of brief therapy, tangible homework assignments help clients continue their therapeutic

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work outside of the session, offering a quicker, more effective route to solving parenting skills deficits. This book provides insightful prompts and helpful exercises designed to uncover the root of the problem, focus on a solution, and help clients think deeply and critically about past and ongoing behaviors and habits. Use tested homework assignments independently, or in alignment with the Parenting Skills Treatment Planner Customize each exercise to suit each client's situation using downloadable files Help clients get more out of therapy by using time between sessions productively Tackle issues relating to abuse, depression, school difficulties, divorce, poverty, and more Today's complex family structures, combined with increased childhood pressures from school, peers, and the general culture, make parenting a more difficult job than ever before. Homework assignments extend therapy into family time, and facilitate constructive thought and discussion outside of the session. With 60 customizable exercises tailored to specific parenting problems, the Parenting Skills Homework Planner is an essential resource for the family therapist.

## **Chemical Dependency Treatment**

Help clients suffering from chemical and nonchemical addictions develop the skills they need to work through problems The Addiction Treatment Homework Planner, Second Edition arms you with an array of ready-to-use, between-session assignments designed to fit virtually every therapeutic mode. This

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easy-to-use sourcebook features: 78 copier-ready exercises covering the most common issues encountered by clients suffering from chemical and nonchemical addictions A quick-reference format—the interactive assignments are grouped by behavioral problem, such as gambling, alcoholism, nicotine dependence, substance abuse, and many others Expert guidance on how to make the most efficient use of the exercises Assignments that are cross-referenced to *The Addiction Treatment Planner, Second 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

## **School Counseling and School Social Work Homework Planner**

This timesaving resource features: Treatment plan components for 44 behaviorally based presenting problems Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options A step-by-step guide to writing treatment plans that conform to the latest ASAM requirements and meet the requirements of most accrediting bodies, insurance companies, and third-party payors Includes new Evidence-Based Practice Interventions as required by many public funding sources and private insurers *The Addiction Treatment Planner, Fourth Edition* provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of

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HMOs, managed care companies, third-party payors, and state and federal agencies. New edition features empirically supported, evidence-based treatment interventions New treatment planning language based on the mandates of the American Society of Addiction Medicine (ASAM) Organized around 44 main presenting problems, including Adhd, borderline traits, eating disorders, gambling, impulsivity, psychosis, social anxiety, and substance abuse 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 Addiction Progress Notes Planner, Third Edition and Addiction Treatment Homework Planner, Fourth Edition 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) Additional resources in the PracticePlanners series: Progress Notes Planners contain complete, prewritten progress notes for each presenting problem in the companion Treatment Planners. Homework Planners feature behaviorally based, ready-to-use assignments to speed treatment and keep clients engaged between sessions.

## **Parenting Skills Homework Planner (w/ Download)**

A time-saving resource, fully revised to meet the changing needs of mental health professionals The

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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

### **The Adolescent Psychotherapy Treatment Planner**

### **The Complete Adult Psychotherapy Treatment Planner**

This valuable professional resource makes it easier than ever for professionals who treat chemically dependent patients to write polished, effective treatment plans that satisfy all the demands of HMOs,

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managed care companies, third-party payers, and state and federal review agencies. This comprehensive planner provides problem definitions, treatment goals, objectives, interventions, and DSM-IV diagnoses for 29 substance-abuse related problems.

### **Group Therapy Homework Planner, with Download EBook**

Save hours of time-consuming paperwork The Addiction Progress Notes Planner, Fifth Edition provides prewritten session and patient presentation descriptions for each behavioral problem in the Addiction Treatment Planner, Fifth Edition. The prewritten progress notes can be easily and quickly adapted to fit a particular client need or treatment situation. Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized progress notes Organized around 44 behaviorally based presenting problems including depression, gambling, nicotine abuse/dependence, chronic pain, and eating disorders Features over 1,000 prewritten progress notes summarizing patient presentation, themes of session, and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM-5 diagnostic categories in The Addiction Treatment Planner, Fifth Edition Offers sample progress notes that conform to the latest ASAM guidelines and meet the requirements of most third-party payors and accrediting agencies, including CARF, TJC, COA, and the NCQA Incorporates new

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progress notes language consistent with Evidence-Based Treatment Interventions

### **The Addiction Progress Notes Planner**

This sourcebook is aimed at helping mental health professionals assist their clients dealing with separation and divorce. It provides interactive assignments that clients complete on their own time to develop new coping skills that will help them get through the painful and lengthy process.

### **The School Counseling and School Social Work Treatment Planner**

Providing tools to enhance treatment of any clinical problem, this book shows how integrating motivational interviewing (MI) and cognitive-behavioral therapy (CBT) can lead to better client outcomes than using either approach on its own. The authors demonstrate that MI strategies are ideally suited to boost client motivation and strengthen the therapeutic relationship, whether used as a pretreatment intervention or throughout the course of CBT. User-friendly features include extensive sample dialogues, learning exercises for practitioners, and 35 reproducible client handouts. Purchasers get access to a Web page where they can download and print the reproducible materials in a convenient 8 1/2" x 11" size. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

## **Divorce Counseling Homework Planner**

### **Evidence-Based Treatment Planning for Substance Abuse Workbook**

The Early Childhood Education Intervention Treatment Planner provides all the elements necessary to quickly and easily develop formal education treatment plans that take the educational professional a step further past the writing of goals for Individualized Education Plans (IEPs) as well as mental health treatment plans. The educational treatment plan process assists the professional in identifying interventions and communicating to others the specific method, means, format, and/or creative experience by which the student will be assisted in attaining IEP goals. Critical tool for treating the most common problems encountered in treating children ages 3-6 Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized educational treatment plans Organized around 27 main presenting problems, including autism, cultural and language issues, depression, eating and elimination concerns, cognitive and neurological impairment, oppositional behavior, school entry readiness, and others Over 1,000 well-crafted, clear statements describe the behavioral manifestations of each relational problem, long-term goals, short-term objectives, and educational interchange Easy-to-use reference format helps locate educational treatment plan components by disability Includes a sample treatment plan that conforms to the requirements of

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most third-party payors and accrediting agencies (including HCFA, JCAHO, and NCQA)

### **The Group Therapy Treatment Planner**

#### **Planning Health Promotion Programs**

PracticePlanners(r) The Bestselling treatment planning system for mental health professionals Incorporating the new American Psychological Association Guidelines for Psychological Practice with Girls and Women, The Complete Women's Psychotherapy Treatment Planner 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. \* Critical tool for treating the most commonly encountered disorders in therapy with girls and women \* Organized around 19 main presenting problems, including balancing work and family, body image, single parenting, care giving of aging parents, divorce, domestic violence, infertility, sexual abuse, and postpartum mood disorders \* 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 \* Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies (including CARF, JCAHO, and NCQA) Additional resources in the PracticePlanners(r)

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series: Homework Planners feature behaviorally based, ready-to-use assignments to speed treatment and keep clients engaged between sessions. Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice. For more information on our PracticePlanners(r) products, including our full line of Treatment Planners, visit us on the Web at: [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners)

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

Contains 63 ready-to-copy homework assignments that can be used to counsel bereaved clients Exercises help clients develop new coping skills and address grief-related problems and issues Assignments are available online for quick customization Help bereaved clients deal with and work through a difficult time in their lives Grief Counseling Homework Planner, provides you with an array of ready-to-use, between-session assignments designed to help clients better understand their grief and the grieving process. 63 ready-to-copy exercises covering the most common issues encountered in grief therapy A quick-reference format—the interactive assignments are organized around the most typical stages of the grieving process Expert guidance on how and when to make the most efficient use of the exercises Homework that enables clients to work through the issues surrounding their loss through reflective thought, personal management, problem resolution, and self-healing All exercises are

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available online for you to download and customize to suit you and your clients' unique styles and needs

### **The Complete Women's Psychotherapy Treatment Planner**

A substance use problem exists when one experiences any type of difficulty related to using alcohol, tobacco, or other drugs including illicit street drugs or prescribed drugs such as painkillers or tranquilizers. The difficulty can be in any area of life; medical or physical, psychological, family, interpersonal, social, academic, occupational, legal, financial, or spiritual. This expanded new edition of the successful Graywind Publications title provides the reader with practical information and skills to help them understand and change a drug or alcohol problem. Designed to be used in conjunction with therapy or counseling, it focuses on special issues involved in stopping substance use and in changing behaviors or aspects of one's lifestyle that keep the substance use problem active. The information presented is derived from a wealth of research studies, and discusses the most effective recovery strategies from the examination of cognitive-behavioral treatment. **TreatmentsThatWork™** represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be

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confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website ([www.oup.com/us/ttw](http://www.oup.com/us/ttw)) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

### **Overcoming Your Alcohol or Drug Problem**

All the resources needed to fully integrate a 12-step approach as part of your overall treatment program Millions of Americans have at some time in their lives participated in a 12-step program for treatment of a chemical or non-chemical addiction. Clinicians recognize that these grass-roots efforts have a very high cure rate. However, little has been written on how to integrate these programs into a traditional therapy setting. Integrating the 12 Steps into Addiction Therapy serves as an indispensable resource for clinicians treating addiction patients who are simultaneously enrolled in 12-step programs. This valuable text: \* Contains eight lesson plans and twenty-seven assignments \* Integrates in-depth discussion of 12-step programs with hands-on resources like homework assignments, treatment plan examples, and patient handouts \* Will also

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benefit 12-step program peer counselors \* Includes companion CD-ROM with fully customizable homework assignments, lesson plans, and presentations Treating addictions—whether chemical or non-chemical—can be one of the most difficult challenges faced by mental health professionals. For many people, 12-step programs have played a critical role in helping them to manage their addictive behaviors. Integrating the 12 Steps into Addiction Therapy gives psychologists, therapists, counselors, social workers, and clinicians the tools and resources they need to fully utilize these peer therapy program techniques in treating a wide variety of addictions.

## **The Complete Adult Psychotherapy Treatment Planner**

Help clients suffering from chemical and nonchemical addictions develop the skills they need to work through problems. The Addiction Treatment 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: 100 ready-to-copy exercises covering the most common issues encountered by clients suffering from chemical and nonchemical addictions, such as anxiety, impulsivity, childhood trauma, dependent traits, and occupational problems A quick-reference format—the interactive assignments are grouped by behavioral problems including alcoholism, nicotine dependence, and sleep disturbance as well as those problems that do not

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involve psychoactive substances, such as problem gambling, eating disorders, and sexual addictions Expert guidance on how and when to make the most efficient use of the exercises Assignments that are cross-referenced to The Addiction Treatment Planner, Fifth Edition so you can quickly identify the right exercise 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

### **The Parenting Skills Treatment Planner**

### **The Sexual Abuse Victim and Sexual Offender Treatment Planner, with DSM 5 Updates**

The bestselling treatment planning system for mental health professionals The Addiction 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 Organized around 43 behaviorally based presenting problems, including substance use, eating disorders, schizoid traits, and others 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 Includes a sample

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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 Co-Occurring Disorders Treatment Planner**

Will permit replication of the treatment procedures employed in a multisite clinical trial of patient-treatment matching. Covers: clinical considerations, and practical strategies. Appendices: assessment feedback procedures, MET in the aftercare setting, and therapist selection, training, and supervision in the clinical trial. Reading and additional resources.

### **The Adolescent Psychotherapy Progress Notes Planner**

### **The Adult Psychotherapy Progress Notes Planner**

### **Addiction Treatment Homework Planner**

Practice Planners: The Bestselling treatment planning system for mental health professionals Help clients suffering from chemical and nonchemical addictions develop the skills they need to work through problems. The Addiction Treatment Homework Planner, Fourth Edition provides you with an array of

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ready-to-use, between-session assignments designed to fit virtually every therapeutic mode. This easy-to-use sourcebook features: Revised homework assignments reflecting clients' stages of readiness and change New appendices to help you select exercises based on American Society of Addiction Medicine (ASAM) criteria 88 ready-to-copy exercises covering the most common issues encountered by clients suffering from chemical and nonchemical addictions, such as anxiety, impulsivity, childhood trauma, dependent traits, and occupational problems A quick-reference format-the interactive assignments are grouped by behavioral problems including alcoholism, nicotine dependence, and substance abuse, as well as those problems that do not involve psychoactive substances, such as problem gambling, eating disorders, and sexual addictions Expert guidance on how and when to make the most efficient use of the exercises Assignments that are cross-referenced to *The Addiction Treatment Planner, Fourth Edition* so you can quickly identify the right exercise for a given situation or problem A CD-ROM that contains all the exercises in Microsoft Word format-allowing you to customize them to suit you and your clients' unique styles and needs Note: CD-ROM/DVD and other supplementary materials are not included as part of eBook file.

### **The Early Childhood Education Intervention Treatment Planner**

The most revolutionary, humanistic guide to counteracting chemical dependency on the market,

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Chemical Dependency Treatment: Innovative Group Approaches presents group models of intervention with substance using and chemically dependent clients across the continuum of care. In it, you'll find strategies that will help you engineer your own effective group interventions at different stages of the treatment process. Taking into account the ravaging nature of addiction and the rampant spread of AIDS, this book gives you the sensitivity and skills necessary to seek out the earliest possible healing for your beloved family and friends. In Chemical Dependency Treatment, you'll build upon existing literature on the subject of group work within the chemical dependency field. In doing so, you'll glean your own individualized expertise from this excellent collection of essays and qualify yourself to orchestrate compassionate and holistic chemical dependency interventions. You'll get detailed information about: early community-based intervention for injected drug use (IDU) the transition from inpatient to outpatient status for chemically dependent clients psychoeducational help for chemically dependent gays and lesbians strategies for hospital-based early recovery groups for HIV-infected inner-city clients treatment during the early phases of outpatient therapy outpatient group psychotherapy with cluster-B personality disordered men multiple oppression in group psychotherapy If you know someone who is chemically dependent, or if you're interested in becoming more informed about what your family or community can do to quell the epidemic of chemical dependency, Chemical Dependency Treatment will put you on the sure pathway to a more caring, more immediate group

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intervention.

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