



Adult Psychotherapy Homework Planner (PracticePlanners)

Arthur E. Jongsma Jr.

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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 format--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 exercise Assignments cross-referenced to "The Complete Adult 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



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