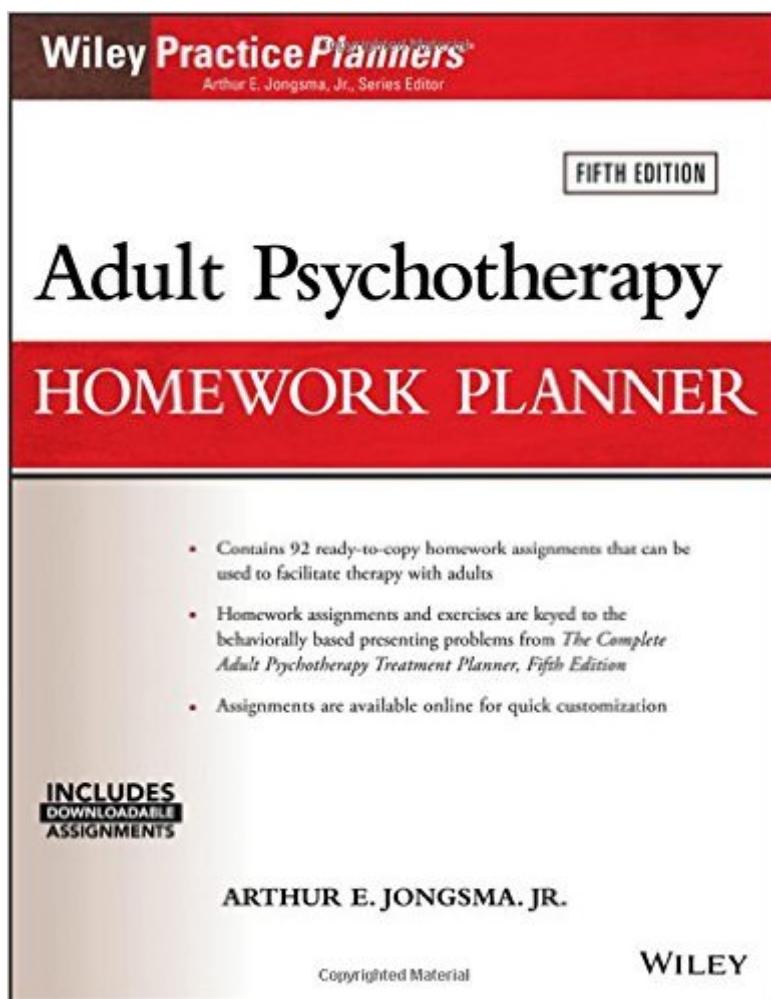


The book was found

# 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 toThe 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**

Series: PracticePlanners

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

Best Sellers Rank: #53,746 in Books (See Top 100 in Books) #119 inÂ Books > Medical Books > Psychology > Counseling #149 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Counseling #204 inÂ Books > Textbooks > Social Sciences > Psychology > Psychotherapy

## **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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