

## Addiction Treatment Homework Planner

Approaching personality disorders with evidence-based treatment plans The Personality Disorders Treatment Planner, 2nd Edition is fully updated to meet the changing needs of the mental healthcare field. A time-saver for psychologists, counselors, social workers, psychiatrists, and other mental health professionals, this new edition offers the tools you need to develop formal treatment plans that meet the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. Organized around twenty-six presenting problems, the easy-to-use format and over 1,000 prewritten symptom descriptions, treatment goals, objectives, and interventions makes the task of developing an evidence-based treatment plan more efficient than ever. The treatment of mental health disorders is rapidly evolving, and new evidence-based protocols are being adopted by federal and state organizations. You are now required to closely monitor patient progress, and you may feel pressure to stick to standardized care and reporting procedures; however, you can only do so if you have access to the latest in evidence-based treatment plans. Updated with new and revised evidence-based Objectives and Interventions Integrated DSM-5 diagnostic labels and ICD-10 codes into the Diagnostic Suggestions section of each chapter Many more suggested homework assignments integrated into the Interventions An Appendix demonstrates the use of the personality disorders Proposed Dimensional System of DSM-5. Expanded and updated self-help book list in the Bibliotherapy Appendix Revised, expanded and updated Professional Reference Appendix New Recovery Model Appendix D listing Objectives and Interventions allowing the integration of a recovery model orientation into treatment plans

Utilizing the methodology of the bestselling PracticePlanners series, The Complete Anxiety Treatment and Homework Planner provides an all-in-one resource for treating anxiety and anxiety-related disorders-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 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 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

SUBSTANCE ABUSE COUNSELING, Fifth Edition, is at the cutting edge of the addiction field, combining a focus on the most current empirical studies with a firm belief that clients must be treated with a collaborative and respectful approach. These core values lay the basis for individualized treatment planning, attention to the client's social environment, a multicultural perspective, and a recognition that client advocacy is part of the counselor's role. Authors Lewis, Dana, and Blevins believe strongly that clients differ not only in the specific behaviors and consequences associated with their drug use but also in culture, gender, social environments, physical concerns, mental health, and a host of other variables. Using an integrated approach, the authors describe innovative methods for meeting clients' needs through personalized assessment, treatment planning, and behavior change strategies, showing students how to select the most effective treatment modalities for each client. Updated with new references, this edition features a stronger emphasis on motivational interviewing, expanded material on ethical considerations, coverage of cultural and diversity considerations in every chapter, and digital downloads of key forms that appear throughout the text. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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

Addiction Treatment Homework Planner John Wiley & Sons

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 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. Key features of the third edition: -An overview of the changing face of counseling, from emerging employment opportunities to core competencies for counselors and trainers. -A broad range of qualitative and quantitative assessment tools, with guidelines for their

selection and interpretation. -A thorough review of the current edition of the Diagnostic and Statistic Manual of Mental Disorders, including strategies for multi-axial assessment. -The DO A CLIENT MAP, a comprehensive structured approach to treatment planning. -Expanded coverage of individual, family, and group interventions -An updated chapter on documentation, report writing, and record keeping, with sample reports and forms. -Brand-new chapters on career and organizational development counseling, and ethical standards for counselors. -A predictions chapter identifying trends most likely to influence the future of the field. -Case studies, models, and examples throughout.

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

The leading manual on group-based treatment of substance use disorders, this highly practical book is grounded in the transtheoretical model and emphasizes the experiential and behavioral processes of change. The program helps clients move through the stages of change by building skills for acknowledging a problem, deciding to act, developing and executing a plan, and accomplishing other critical tasks. The expert authors provide step-by-step guidelines for implementing the 35 structured sessions, along with strategies for enhancing motivation. In a large-size format with lay-flat binding for easy photocopying, the volume includes 58 reproducible handouts. Purchasers get access to a Web page where they can download and print the reproducible materials. New to This Edition \*Reflects significant developments in research and clinical practice. \*Eight new sessions focusing on the brain and substance use, gratitude, self-control, mindfulness, acceptance, and more. \*Updated discussions of motivational interviewing and the use of cognitive-behavioral techniques with groups. \*41 of the 58 handouts are new or revised; all are now downloadable. See also Substance Abuse Treatment and the Stages of Change, Second Edition, by Gerard J. Connors et al., which explores how the transtheoretical model can inform treatment planning and intervention in diverse clinical contexts.

The College Student Counseling 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 young adult clients Organized around 28 main presenting problems, from academic performance anxiety and financial stress to depression, suicidal ideation, and chemical dependence 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(TM) diagnosis Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies (including HCFA, JCAHO, and NCQA)

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

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) 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)

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.

**The Personality 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 payers, and state and federal review agencies. Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized treatment plans for clients with personality disorders. Organized around 32 main presenting problems, from antisocial-malevolent and borderline-petulant to histrionic-appealing, obsessive-compulsive, paranoid-fanatic, and others. 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(TM) diagnosis. Includes a sample treatment plan that conforms to the requirements of most third-party payers and accrediting agencies (including JCAHO and NCQA).

**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 progress notes language consistent with Evidence-Based Treatment Interventions.

**Help clients develop the skills they need to work through addiction problems.** *The Addiction Treatment Homework Planner* provides an array of ready-to-use, between-session assignments designed to fit virtually every treatment setting and therapeutic mode including individual therapy, family therapy, and group counseling. 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, occupational problems, and childhood 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. Offers special attention to the patient placement Criteria (PPC) developed by the American Society of Addiction Medicine (ASAM). A checklist included in the Appendix helps evaluate clients on each of the ASAM six assessment dimensions. Expert guidance on how and when to make the most efficient use of the exercises. A download code that contains all the exercises allows you to customize the exercises to suit you and your clients' unique styles and needs.

**This timesaving resource features:** Treatment plan components for 31 behaviorally based presenting problems. Over 1,000 prewritten treatment goals, objectives, and interventions. A step-by-step guide to writing treatment plans that meet the requirements of most insurance companies and third-party payors. **The Parenting Skills 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 addressing today's complex family structures and the increased pressures on children and adolescents from school, peers, and the general culture. Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized treatment plans for parents and other caregivers. Organized around 31 main presenting problems with a focus on giving parents the skills they need to effectively help their children navigate contemporary issues such as the trauma associated with divorce, school pressures, and sexual abuse. 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).

**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, 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).

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

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-TR™ 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—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. 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 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.

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-5™ diagnostic categories in The Complete Adult Psychotherapy Treatment Planner, Fifth Edition Offers sample progress notes that conform to the 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

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 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™ 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)

This widely used book is packed with indispensable tools for treating the most common clinical problems encountered in outpatient mental health practice. Chapters provide basic information on depression and the six major anxiety disorders; step-by-step instructions for evidence-based assessment and intervention; illustrative case examples; and practical guidance for writing reports and dealing with third-party payers. In a convenient large-size format, the book features 74 reproducible client handouts, homework sheets, and therapist forms for assessment and record keeping. The CD-ROM enables clinicians to rapidly generate individualized treatment plans, print extra copies of the forms, and find information on frequently prescribed medications. New to This Edition\*The latest research on each disorder and its treatment.\*Innovative techniques that draw on cognitive, behavioral, and mindfulness- and acceptance-based approaches.\*Two chapters offering expanded descriptions of basic behavioral and cognitive techniques.\*More than half of the 74 reproducibles are entirely new.

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, 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.

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. **Treatments That Work™** represents the gold standard of behavioral healthcare interventions! **DT** All programs have been rigorously tested in clinical trials and are backed by years of research **DT** 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 confident that you are using the most effective treatment available to date **DT** Our books are reliable and effective and make it easy for you to provide your clients with the best care available **DT** Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated **DT** A companion website ([www.oup.com/us/ttw](http://www.oup.com/us/ttw)) offers downloadable clinical tools and helpful resources **DT** Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

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

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 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

This timesaving resource features: Treatment plan components for 25 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 meet the requirements of most insurance companies and third-party payors **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 Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies (including HCFA, JCAHO, and NCQA)

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 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

**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 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 Integrated Intervention Planner** Drug abuse and addiction are very complex disorders requiring multimodal treatment alternatives. Many of these addicted individuals also suffer from mental health, occupational, health, and/or social problems that make their addictive disorders much more difficult to treat. Even if there are few associated dual problems, the severity of the addiction itself ranges widely among the general population. Because of addiction's complexity and pervasive consequences, addiction treatment programs must take an Integrated Intervention approach. This coordinated effort provides for a comprehensive range of integrated services including counseling, case management, medications, housing, vocational rehabilitation, social skills training, as well as, family interventions that are modified to include both diagnosis. It is, therefore, the intent of the Intervention Planner to assist the clinical professional in writing inventive, individually tailored intervention treatment plans. Through the use of the Intervention Planner you will enhance the clarity, precision, and vividness of your reports. The planner will also help in the following areas: \* It serves as a guide to help organize your thoughts when writing, to ensure that you have addressed all of the relevant topics. \* It can structure a report to make certain that you haven't missed anything of importance. \* It can suggest individual goals, objectives and therapeutic interventions to help personalize a report or description. \* Also, the planner is organized in a manner that you can actually do a mini-mental status examination by selecting from the offered questions. Finally, use of the Intervention Planner will assist the clinically competent professional in carrying out his/her report writing tasks and at the same time making sure that they are writing better, more comprehensive reports.

**The Couples Psychotherapy Treatment Planner, 2e** provides treatment planning guidelines and an array of pre-written treatment plan components for behavioral and psychological problems, including communication problems, blended-family problems, depression due to

relationship problems, financial conflict, parenting conflicts, infidelity, sexual dysfunction, work/home role strain, and separation and divorce. Clinicians will find this up-to-date revision an invaluable resource. It features: Treatment plan components for 35 behaviorally based presenting problems including jealousy, midlife crisis, parenting conflicts, and sexual dysfunction. All chapters are updated to include the latest research and clinical developments and to indicate evidence-based treatment interventions throughout. Updated to include DSM-5 and ICD-10 diagnostic codes. Includes three new chapters: Internet Sexual Use; Retirement; Parenthood Strain. Two intimate partner violence chapters ? one covering bidirectional Intimate partner violence and one covering intimate terrorism. 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 meet the requirements of most insurance companies and third-party payers.

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