

SECOND EDITION

Couples Therapy

HOMEWORK PLANNER

- Contains 71 ready-to-copy homework assignments that can be used to facilitate therapy with couples
- Homework assignments and exercises are keyed to the behaviorally based presenting problems from *The Couples Psychotherapy Treatment Planner, Second Edition*
- Assignments are available online for quick customization

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GARY M. SCHULTHEIS, STEFFANIE ALEXANDER O'HANLON, BILL O'HANLON

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**Arthur E. Jongsma, Jr.,L. Mark
Peterson**

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Couples Therapy Homework Planner Gary M. Schultheis, Steffanie Alexander O'Hanlon, Bill O'Hanlon, David J. Berghuis, 2015-11-16 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-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

The Couples Psychotherapy Treatment Planner, with DSM-5 Updates K. Daniel O'Leary, Richard E. Heyman, David J. Berghuis, 2014-12-09 This timesaving resource features Treatment plan components for 35 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 accrediting bodies insurance companies and third party payors Includes new Evidence Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Couples Psychotherapy Treatment Planner Second 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 chapters on Internet sexual use retirement and parenthood strain Organized around 35 behaviorally based presenting problems including jealousy midlife crisis parenting conflicts and sexual dysfunction 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 Couples Psychotherapy Progress Notes Planner Second Edition and Couples Therapy Homework Planner Second 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 For more information on our PracticePlanners including our full line of Treatment Planners visit us on the Web at www.wiley.com/practiceplanners **The Couples Psychotherapy Treatment Planner** K. Daniel O'Leary, Richard E. Heyman, David J. Berghuis, 2010-12-22 THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Couples Psychotherapy Treatment Planner Second 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 chapters on Internet sexual use retirement and parenthood strain Organized around 35 behaviorally based presenting problems including jealousy midlife crisis parenting conflicts and sexual dysfunction 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 Couples Psychotherapy Progress Notes Planner Second Edition and Couples Therapy Homework Planner Second 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 For more information on our PracticePlanners products including our full line of Treatment Planners visit us on the Web at www.wiley.com/practiceplanners *The Couples Psychotherapy Treatment Planner, with DSM-5 Updates* K. Daniel O'Leary, Richard E. Heyman, Arthur E. Jongsma, Jr., 2011-01-18 THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Couples Psychotherapy Treatment Planner Second 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 chapters on Internet sexual use retirement and parenthood strain Organized around 35 behaviorally based presenting problems including jealousy midlife crisis parenting conflicts and sexual dysfunction 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 Couples Psychotherapy Progress Notes Planner Second Edition and Couples Therapy Homework Planner Second 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 For more information on our PracticePlanners products including our full line of

Treatment Planners visit us on the Web at www.wiley.com/practiceplanners **The Couples Psychotherapy Progress Notes Planner** Arthur E. Jongsma, Jr., David J. Berghuis, 2011-04-06 The Couples Psychotherapy Progress Notes Planner Second Edition contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Couples Psychotherapy Treatment Planner Second 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 35 behaviorally based presenting problems including loss of love and affection depression due to relationship problems jealousy job stress financial conflict sexual dysfunction blame and intimate partner violence 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 IV TRTM diagnostic categories in The Couples Psychotherapy Treatment Planner Second 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 Presents new and updated information on the role of evidence based practice in progress notes writing and the special status of progress notes under HIPAA **Group Therapy Homework Planner** Louis J. Bevilacqua, David J. Berghuis, 2016-07-05 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 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 **Brief Couples Therapy Homework Planner** Gary M. Schultheis, Bill O'Hanlon, Steffanie Alexander O'Hanlon, 1998-12-14 Help couples quickly develop the psychological skills they need to maintain healthier relationships As a couples therapist you work to help your clients learn to understand and clearly communicate their feelings identify how and when problems arise and develop effective coping strategies In today's managed care environment rapid results are everything and many psychotherapists are finding that pencil and paper homework exercises provide one highly effective tool for achieving those goals The Brief Couples Therapy Homework Planner arms you with dozens of ready to use between session assignments designed to fit virtually every therapeutic mode This valuable time saving tool features More than 60 copier ready exercises covering all major presenting symptoms affecting relationships Quick reference format exercises are grouped by skill set such as improving communications handling parenting problems and resolving sexual issues Expert guidance on how and when to

make the most efficient use of the exercises cross referenced to The Couples Psychotherapy Treatment Planner so you can quickly identify the right exercise for a given situation or behavioral problem Includes a computer disk which contains all the exercises in a Windows based word processing format allowing you to customize them to suit you and your clients unique styles and needs The Brief Couples Therapy Homework Planner is an indispensable tool of the trade for all mental health professionals who work with couples [Family Therapy Homework Planner](#) Louis J. Bevilacqua, Frank M. Dattilio, David J. Berghuis, 2016-03-14 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 Practice Planners products including our full line of Treatment Planners visit us on the Web at www.wiley.com/practiceplanners

Child Psychotherapy Homework Planner David J. Berghuis, L. Mark Peterson, William P. McInnis, 2012-03-05 New and updated assignments and exercises meet the changing needs of mental health professionals The Child 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 93 ready to copy exercises covering the most common issues encountered by children such as academic underachievement low self esteem depression and separation anxiety A quick reference format the interactive assignments are grouped by behavioral problems including blended family problems divorce reaction ADHD attachment disorder social anxiety language disorders and unresolved grief and loss Expert guidance on how and when to make the most efficient use of the exercises Assignments cross referenced to The Child Psychotherapy Treatment Planner Fifth Edition so you can quickly identify the right exercises for a given situation or problem Downloadable content contains all the exercises in a word processing format allowing you to customize them to suit your and your clients unique styles and needs [Group Therapy Homework Planner](#) Louis J. Bevilacqua, 2002-07-01 Help clients in group therapy

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Jongsma,2003-07-03 The Couples Psychotherapy Progress Notes Planner contains complete prewritten session and patient presentation descriptions for each behavioral problem in The Couples Psychotherapy Treatment Planner 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 31 main presenting problems that range from alcohol abuse anxiety and dependency to eating disorders and depression stemming from relationship problems Features over 1 000 prewritten progress notes summarizing patient presentation themes of sessions and treatment delivered Provides an array of treatment approaches that correspond with the behavioral problems and DSM IV TR diagnostic categories in The Couples Psychotherapy Treatment Planner Offers sample progress notes that conform to the requirements of most third party payors and accrediting agencies including the JCAHO and the NCQA **Couples and**

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The Family Therapy Treatment Planner Frank M. Dattilio,Arthur E. Jongsma, Jr.,2000-05 Activity Family Imbalance Adolescent Parent Conflicts Adoption Issues Alcohol Abuse Anger Management Anxiety Blame Blended Family Problems Child Parent Conflicts Communication Compulsive Behaviors Death of a Child Death of a Parent Dependency Issues Depression in Family Members Disengagement Loss of Family Cohesion Eating Disorder Extrafamilial Sexual Abuse Family Activity Disputes Family Business Conflicts Family Member Separation Family of Origin Interference Financial Changes Geographic Relocation Incest Survivor Infidelity Inheritance Disputes between Siblings Interracial Family Problems Intolerance Defensiveness Jealousy Insecurity Life Threatening Chronic Illness Multiple Birth Dilemmas Physical Verbal Psychological Abuse Religious Spiritual Conflicts Separation Divorce Sexual Orientation Conflicts Traumatic Life Events Unwanted Unplanned Pregnancy

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The Child Psychotherapy Treatment Planner Arthur E. Jongsma, Jr.,L. Mark Peterson,William P. McInnis,2003 The Child Psychotherapy Treatment Planner Third Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy demands of HMO s managed care companies third party payors and state and federal review agencies from back cover

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behavioral problem such as anxiety eating disorder and suicidal ideation Expert guidance on how and when to make the most efficient use of the exercises Assignments are cross referenced to The Child and Adolescent Psychotherapy Treatment Planner so you can quickly identify the right exercise for a given situation or behavioral problem A computer disk 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 Brief Adolescent Therapy Homework Planner is an indispensable time saving tool of the trade for all mental health professionals who work with adolescents Contains 54 ready to copy homework assignments that can be used to facilitate brief adolescent therapy Homework assignments and exercises are keyed to the behaviorally based presenting problems from The Child and Adolescent Psychotherapy Treatment Planner Assignments may be quickly customized using the enclosed disk Over 100 000 Practice PlannersTM sold

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