

[PDF] Adult Psychotherapy Homework Planner (PracticePlanners)

Arthur E. Jongsma Jr. - pdf download free book



Books Details:

Title: Adult Psychotherapy Homework

Author: Arthur E. Jongsma Jr.

Released:

Language:

Pages: 384

ISBN: 1119278074

ISBN13: 9781119278078

ASIN: 1119278074

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Description:

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 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 exercises
 - 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
 - All exercises are available online for you to download and customize to suit you and your clients' unique styles and needs
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