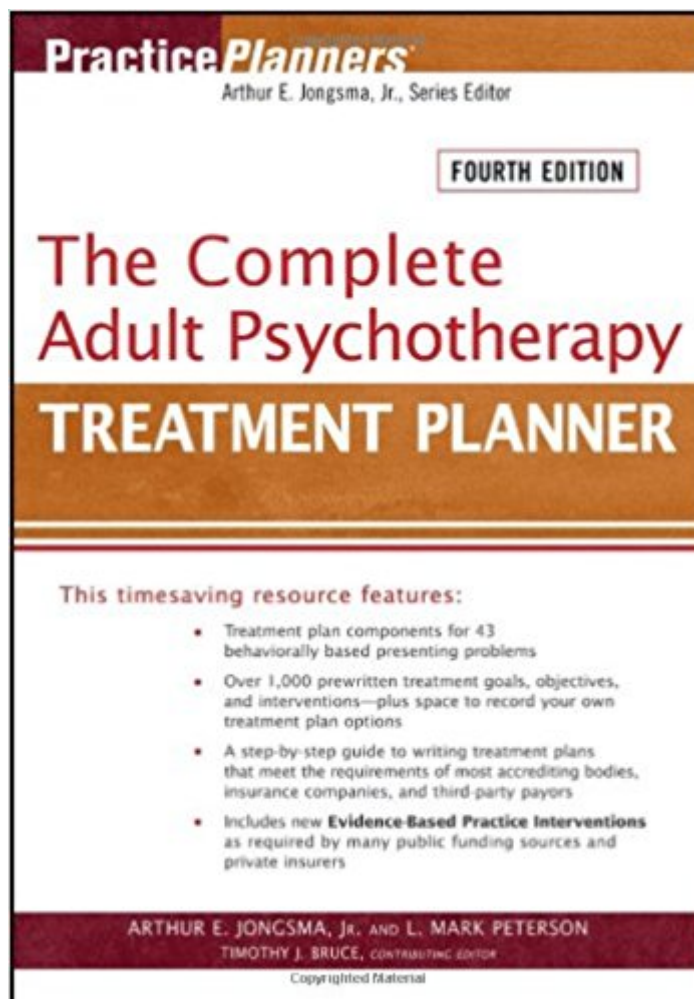


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# The Complete Adult Psychotherapy Treatment Planner



## Synopsis

The Complete Adult Psychotherapy 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 Organized around 43 main presenting problems, including anger management, chemical dependence, depression, financial stress, low self-esteem, and Obsessive-Compulsive Disorder 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 The Adult Psychotherapy Progress Notes Planner, Third Edition and the Adult Psychotherapy Homework Planner, Second Edition Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies (including CARF, JCAHO, and NCQA).

## Book Information

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## Customer Reviews

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Easy-to-use reference format helps locate treatment plan components by behavioral problem

Designed to correspond with the The Adult Psychotherapy Progress Notes Planner, Third Edition and the Adult Psychotherapy Homework Planner, Second Edition 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<sup>®</sup> 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<sup>®</sup> products, including our full line of Treatment Planners, visit us on the Web at: [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners)

ARTHUR E. JONGSMA, Jr., PhD, is Series Editor for the bestselling PracticePlanners<sup>®</sup>. Since 1971, he has provided professional mental health services to both inpatient and outpatient clients. He managed a group private practice for twenty-five years and is now the Executive Director of Life Guidance Services in Grand Rapids, Michigan. L. MARK PETERSON, ACSW, is Program Manager for Bethany Christian Services' Residential Treatment and Family Counseling programs in Grand Rapids, Michigan. TIMOTHY J. BRUCE, PhD, is Professor and Interim Chair of the Department of Psychiatry and Behavioral Medicine at the University of Illinois College of Medicine in Peoria, Illinois.

As a therapist in training, this book provided me with evidence based practices for pretty much every major diagnosis in the DSM-IV. I love the variety of options it gives you to formulate a treatment plan. However, my caution with this book is a therapist not adapting the interventions to his or her specific client. If the intervention is not ultimately adapted to fit the specific needs of the client, the intervention will not work. This book should not be used as an end-all to formulating treatment plans; rather, it should be used as a guide with which to build ideas upon in order to ensure the best results for each client.

Where to begin...I spend much time in school learning theory after theory but with limited learning on how to apply them and how to make them work. Much time is spent on pathology and what it

looks like and how to diagnosis using the DSM-IV-TR, but not much time is spent on using the techniques, so I picked up this book and wow what a helpful piece of writing. It gives you many ideas on where to go with your treatment and what some of the goals you should have during treatment. The book focuses on EBP and treatment and is a great resource on creating treatment plans once the diagnosis has been established.

Very easy to read and follow

When I saw the word "COMPLETE", I assumed that treatment planners for all adult psychological issues/disorders, but only the "most common" issues/disorders were listed. That's cool and all, but I feel like having a treatment plan for more obscure issues would be more beneficial than what this book offered. These plans were extremely generic. It seems like no imagination or creativity was used in coming up with the interventions. It wasn't a waste of money, because I can use it as a template for my treatment plans.

I bought this book because it was referred to me by another clinician. She said that it was a great help to her when she first began working and dianosing mental health patients. As I have just begun working in the clinical field, this book, and the one on diagnosing adolescents, have been invaluable. I would recommend these to anyone diagnosing and writing treatment plans, or anyone who wants t o learn how to better assist their patients and what therapy techniques and activities would help their patients. Very useful resource!!!

This book was required for my treatment class and I'm happy it was. It is an easy guide on developing a treatment plan for the most common disorders in the DSM-IV-TR. Each disorder is given specific goals that you can pick and choose from depending on the client and then easy to read and implement objectives. The only downside to this book is that the diagnosis section for the disorders are out of date and some of the disorders use the original DSM-IV labels. I hope the authors update it for the DSM-V, because this is one of the most important counseling books I own.

I usually refrain from ordering so-called practice manuals because they tend to end up being everything BUT what I needed. However, this one is perfect. I read many of the reviews before ordering and I can say the reviewers were spot on with this one. It is organized in a manner which facilitates easy use. My treatment plans have become clearer and therefore made the chart

reviewers happy. We are moving toward more brief therapy and this book is the best to help both clients and staff understand and write goals. I owe a big thank you to the authors of this planner.

I am an advanced Graduate Student. This book was bought as a recommended book for one of my classes. It helped me tremendously when I was learning how to write a Treatment Plan. It has chapters on many disorders found in the DSM-IV-TR. It briefly describes the disorder, and it describes symptoms of the disorder. It then has a number system linking each symptom to a treatment. It is very detailed. I found this to be an extremely helpful reference for making a treatment plan. This book will have a place on my shelf. Well, I will keep it at least until the updated one comes out!

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