

Complete Psychotherapy Treatment Planner

Arthur E. Jongsma, Jr., L. Mark Peterson, William P. McInnis

The Complete Adult Psychotherapy Treatment Planner David J. Berghuis, L. Mark Peterson, Timothy J. Bruce, 2014-01-02 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

The Complete Adult Psychotherapy Treatment Planner Arthur E. Jongsma, Jr., L. Mark Peterson, Timothy J. Bruce, 2021-04-14 The revised edition of the clinicians' time-saving Psychotherapy Treatment Planner Revised and updated, the sixth edition of The Complete Adult Psychotherapy Treatment Planner offers clinicians a timesaving, evidence-based guide that helps to clarify, simplify and accelerate the treatment planning process so they can spend less time on paperwork and more time with clients. The authors provide all the elements necessary to quickly and easily develop formal, customizable treatment plans that satisfy the demands of HMOs, managed-care companies, third-party payers and state and federal agencies. This revised edition includes new client Short-Term Objectives and clinician Therapeutic Interventions that are grounded in evidence-based treatment wherever research data provides support to an intervention approach. If no research support is available a best practice standard is provided. This new edition also offers two new presenting problem chapters (Loneliness and Opioid Use Disorder) and the authors have updated the content throughout the book to improve clarity, conciseness and accuracy. This important book: Offers a completely updated resource that helps clinicians quickly develop effective, evidence-based treatment plans Includes an easy-to-use format locating treatment plan components by Presenting Problem or DSM-5 diagnosis Contains over 3,000 prewritten treatment Symptoms, Goals, Objectives and

Interventions to select from Presents evidence-based treatment plan components for 45 behaviorally defined Presenting Problems Suggests homework exercises specifically created for each Presenting Problem Written for psychologists, therapists, counselors, social workers, addiction counselors, psychiatrists, and other mental health professionals, The Complete Adult Psychotherapy Treatment Planner, Sixth Edition has been updated to contain the most recent interventions that are evidence-based.

The Complete Adult Psychotherapy Treatment Planner David J. Berghuis, L. Mark Peterson, 2012-07-03 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).

The Complete Adult Psychotherapy Treatment Planner Arthur E. Jongsma, 2006-08-25 The Complete Adult Psychotherapy Treatment Planner, 4e provides treatment planning guidelines and an array of pre-written treatment plan components for behavioral and psychological problems, including anger management, chemical dependence, depression, financial stress, low self-esteem, and obsessive-compulsive disorder (OCD). Clinicians with adult clients will find this up-to-date revision an invaluable resource. TABLE OF CONTENTS PracticePlanners® Series Preface Acknowledgments Introduction Sample Treatment Plan Anger Management Antisocial Behavior Anxiety Attention Deficit Disorder (ADD) ? Adult Borderline Personality Chemical Dependence Chemical Dependence ? Relapse Childhood Traumas Chronic Pain Cognitive Deficits Dependency Depression Dissociation Eating Disorder Educational Deficits Family Conflict Female Sexual Dysfunction Financial Stress Grief/Loss Unresolved Impulse Control Disorder Intimate Relationship Conflicts Legal Conflicts Low Self-Esteem Male Sexual Dysfunction Mania or Hypomania Medical Issues Obsessive-Compulsive Disorder (OCD) Panic/Agoraphobia Paranoid Ideation Parenting Phase of Life Problems Phobia Posttraumatic Stress Disorder (PTSD) Psychoticism Sexual Abuse Sexual Identity Confusion ? Adult Sleep Disturbance Social Discomfort Somatization Spiritual Confusion Suicidal Ideation Type A Behavior Vocational Stress Appendix A: Bibliotherapy Suggestions Appendix B: Professional References for Evidence-based Chapters Appendix C: Index of DSM-IV Codes Associated with Presenting Problems

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 Adult Psychotherapy Progress Notes Planner Arthur E. Jongsma, Jr., Katy Pastoor, David J. Berghuis, 2021-05-11 The Adult Psychotherapy PROGRESS NOTES PLANNER PracticePlanners® THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS Fully revised and updated throughout, The Adult Psychotherapy Progress Notes Planner, Sixth Edition enables practitioners to quickly and easily create progress notes that completely integrate with a client's treatment plan. Each of the more than 1,000 prewritten session and patient presentation descriptions directly link to the corresponding behavioral problem contained in The Complete Adult Psychotherapy Treatment Planner, Sixth Edition. Organized around 44 behaviorally-based problems aligned with DSM-V diagnostic categories, the Progress Notes Planner covers an extensive range of treatment approaches for anxiety, bipolar disorders, attention-deficit/hyperactivity disorder (ADHD), dependency, trauma, cognitive deficiency, and more. Part of the market-leading Wiley PracticePlanners® series, The Adult Psychotherapy Progress Notes Planner will save you hours of time by allowing you to rapidly adapt your notes to

each individual patient's behavioral definitions, symptom presentations, or therapeutic interventions. An essential resource for psychologists, therapists, counselors, social workers, psychiatrists, and other mental health professionals working with adult clients, *The Adult Psychotherapy Progress Notes Planner*: Provides more than 8,000 prewritten, easy-to-modify progress notes summarizing patient presentation and the interventions implemented within the session Features sample progress notes conforming to the requirements of most third-party health care payors and accrediting agencies, including CARF, The Joint Commission (TJC), COA, and the NCQA Include a brand-new chapter that coordinates with the Treatment Planner's chapter on loneliness 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-IV diagnoses. 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, Arthur E. Jongsma, Jr., 1998-06-29 Saves you hours of painstaking paperwork, while providing optimum latitude in developing customized treatment plans for marital and couples problems Following the same format as the bestselling *The Complete Psychotherapy Treatment Planner*, this invaluable sourcebook supplies all of the essential building blocks you need to create focused, formal treatment plans that satisfy all of the demands of HMOs, managed care companies, third-party payers, and state and federal review agencies. Organized around 31 major presenting problems, from jealousy, to midlife crisis, to parenting conflicts, to sexual abuse, it features: More than 1,000 well-crafted statements to choose from, describing behavioral manifestations, long- and short-term goals, and treatment options A sample plan that can be emulated in writing plans that meet all requirements of third-party payers and accrediting agencies, including the JCAHO A presenting problem list that includes all relevant DSM-IV categories A quick-reference format--allows you to locate treatment plan components by behavioral problem or DSM-IV diagnosis Large workbook-style pages affording plenty of space to record your own customized goals, objectives, and interventions

Adult Psychotherapy Homework Planner David J. Berghuis, 2006-09-18 PracticePlanners? The Bestselling treatment planning system for mental health professionals Features new and updated assignments and exercises to meet the changing needs of mental health professionals The *Adult Psychotherapy 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: * 79 ready-to-copy exercises covering the most common issues encountered by adult clients, including such problems as chemical dependence, grief, financial stress, and low self-esteem * A quick-reference format--the interactive assignments are grouped by behavioral problems including anxiety, sleep disturbance, Posttraumatic Stress Disorder, Obsessive-Compulsive Disorder, dissociation, and eating disorders * 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, 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 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

The Complete Women's Psychotherapy Treatment Planner Julie R. Ancis, David J. Berghuis, 2007-02-02

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

The Group Therapy Treatment Planner Arthur E. Jongsma, Jr., Kim Paleg, 1999-11-17

The Continuum of Care Treatment Planner Chris E. Stout, Arthur E. Jongsma, Jr., 1997-12-29 This valuable resource makes it easier than ever for clinicians to create formal treatment plans that satisfy all the demands of HMOs, managed care companies, third-party payers, and state and federal review agencies. Focusing on psychological problems that require treatment in inpatient, partial hospitalization, or intensive outpatient settings, this planner provides treatment planning components for 35 serious adult and adolescent behavioral disorders. Following the user-friendly format found in the bestselling The Complete Psychotherapy Treatment Planner, it helps to prevent treatment plan rejection by insurers and

HMOs, and brings heightened focus to the treatment process. Provides behavioral definitions, long- and short-term goals and objectives, therapeutic interventions, and DSM-IV diagnoses for serious mental disorders in adults and adolescents Organized by 35 major presenting problems and containing morethan 1,000 polished treatment plan components Designed for quick reference—treatment plan components can be created from behavioral problem or DSM-IV diagnosis Features a workbook format that offers plenty of space torecond customized goals, objectives, and interventions Provides a thorough introduction to treatment planning, plus asample plan that can be emulated in writing plans that meet allrequirements of third-party payers and accrediting agencies,including the JCAHO.

The Older Adult Psychotherapy Treatment Planner Deborah W. Frazer,Arthur E. Jongsma, Jr.,1999 Saves you hours of painstaking paperwork, while providing optimum latitude in developing customized care and treatment plans for the unique needs of older patients Following the same format as the bestselling The Complete Psychotherapy Treatment Planner, this invaluable sourcebook supplies all of the essential building blocks you need to create focused, formal treatment plans that satisfy all of the demands of HMOs, managed care companies, third-party payers, and state and federal review agencies. Organized around 27 main presenting problems, from dementia and depression to the psychological impact of physical decline, this book features: Thousands of well-crafted statements to choose from, describing goals and treatment options for cognitive, behavioral, and mood disorders detailed in the minimum data set required by HCFA A sample plan that can be emulated in writing plans that meet all requirements of third-party payers and accrediting agencies A presenting problem list that includes all relevant DSM-IV categories A quick-reference format that allows you to locate treatment plan components by behavioral problem or DSM-IV diagnosis Large workbook-style pages affording plenty of space to record your own customized goals, objectives, and interventions

Brief Family Therapy Homework Planner Louis J. Bevilacqua, Frank M. Dattilio, 2001-03-20 CONTENIDO: Addictions - Adoption - Anger Problems - Anxiety - Behavioral Problems in Children and Adolescents - Bipolar Disorder - Blaming - Blended Families - Child Sexual Abuse - Communication Problems - Death/Loss Issues - Depression - Disillusionment with Family Ties - Divorce/Separation - Eating Disorders - External Activities Affecting Family Role - Family Business Conflicts - Family-of-Origin Interference - Foster Care - Geographic Relocation - Inheritance Disputes - Interracial Family Problems - Intolerance/Defensiveness - Jealousy/Insecurity - Life Threatening/Chronic Illness - Multiple-Birth Dilemmas - Pervasive Developmental Disorders - Physical Disabilities - Religious/Spiritual Conflicts - Schizophrenia - School Problems - Sexual Preferences - Suicide Attempts - Unwanted/Unplanned Pregnancies.

Adult Psychotherapy Homework Planner Arthur E. Jongsma, Jr., 2004-05-17 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

The Adolescent Psychotherapy Progress Notes Planner Arthur E. Jongsma, Jr., Katy Pastoor, David J.

Berghuis, Timothy J. Bruce, 2023-09-08 Save hours of time-consuming paperwork with the bestselling planning system for mental health professionals The Adolescent Psychotherapy Progress Notes Planner, Sixth Edition, provides more than 1,000 complete prewritten session and patient descriptions for each behavioral problem in The Adolescent Psychotherapy Treatment Planner, Sixth Edition. Each customizable note can be quickly adapted to fit the needs of particular client or treatment situation. An indispensable resource for psychologists, therapists, counselors, social workers, psychiatrists, and other mental health professionals working with adolescent clients, The Adolescent Psychotherapy Progress Notes Planner, Sixth Edition: Provides over 1,000 prewritten progress notes describing client presentation and interventions implemented Covers a range of treatment options that correspond with the behavioral problems and current DSM-TR diagnostic categories in the corresponding Adolescent Psychotherapy Treatment Planner Incorporates DSM-5 TR specifiers and progress notes language consistent with evidence-based treatment interventions Addresses more than 35 behaviorally based presenting problems, including social anxiety, suicidal ideation, conduct disorder, chemical dependence, bipolar disorder, low self-esteem, ADHD, eating disorders, and unipolar depression Includes sample progress notes that satisfy the requirements of most third-party payors and accrediting agencies, including JCOA, CARF, and NCQA Features new and updated information on the role of evidence-based practice in progress notes writing and the status of progress notes under HIPAA

The Behavioral Medicine Treatment Planner Douglas Earl DeGood, Arthur E. Jongsma, Angela L. Crawford, 1999 This invaluable sourcebook features pre-written treatment plan components for the field of behavioral medicine, including behavioral definitions, long-term goals, short-term objectives, therapeutic interventions, and DSM-IV diagnoses. The Behavioral Medicine Treatment Planner covers the psychological aspects of coping with illnesses such as cancer, chronic fatigue syndrome, diabetes, headaches, AIDS, and more. Psychologists, counselors, therapists, and other mental health professionals who work in medical settings will find this Planner indispensable.

The Complete Psychotherapy Treatment Planner Arthur E. Jongsma, Jr., L. Mark Peterson, 1995-03-20 Treatment planner includes: a step-by-step introduction and guide to treatment planning; over 1,000 crafted prewritten treatment plan components, a comprehensive DSM-IV and behaviorally based presenting problem list; and a workbook format for recording

custom treatment planning options.

The Co-Occurring Disorders Treatment Planner Jack Klott, David J. Berghuis, 2011-03-21 The Bestselling treatment planning system for mental health professionals 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 or DSM-IV-TR diagnosis Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies (including HCFA, JCAHO, and NCQA)

The Complete Women's Psychotherapy Treatment Planner Ancis, 2026-03-09

The Child Psychotherapy Treatment Planner Arthur E. Jongsma, Jr., L. Mark Peterson, William P. McInnis, 2000-02-07 This fully revised resource features: Treatment plan components for 30 behaviorally based problems encountered in children, including 14 entirely new to this edition A step-by-step guide to writing treatment plans 1,000s of prewritten treatment goals, objectives, and interventions Handy workbook format with space to record your own treatment plan options Over 200,000 Practice Planners™ sold Saves you hours of painstaking paperwork, while providing optimum latitude in developing customized treatment plans for working with children Patterned after the bestselling The Complete Adult Psychotherapy Treatment Planner, this invaluable sourcebook brings a proven treatment planning system to the child treatment arena. It contains all the necessary elements for developing focused, formal treatment plans for child behavioral and psychological problems that satisfy all of the demands of HMOs, managed care companies, third-party payers, and state and federal review agencies. Expanded from the original bestseller The Child and Adolescent Psychotherapy Treatment Planner, this edition is organized around 30 main presenting problems ranging from blended family conflict, to attention-deficit/hyperactivity disorder, to school refusal, to attachment disorder. This time-saving resource also features: Over 1,000 well-crafted, clear statements that describe the behavioral manifestations of each relational problem, long-term goals, short-term objectives, and clinically tested treatment options 14 new chapters and hundreds of additional interventions A sample treatment plan that can be emulated in writing plans that meet all requirements of third-party payers and accrediting agencies, including the JCAHO and the NCQA A quick-reference format that allows you to easily locate treatment plan components by behavioral

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