

[PDF] Adolescent Psychotherapy Homework Planner (PracticePlanners)

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Description:

- Contains 146 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 Adolescent Psychotherapy Treatment Planner, Fifth 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 *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
- 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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