



# Adult Psychotherapy Homework Planner, 5th Edition

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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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## ABOUT THE AUTHOR

**ARTHUR E. JONGSMA, J R., P HD**, is the Series Editor for the bestselling *Practice Planners*®. Since 1971, he has provided professional mental health services to both inpatient and outpatient clients. He was the founder and Director of Psychological Consultants, a group private practice in Grand Rapids, Michigan, for twenty-five years. He is the author or coauthor of over fifty books and conducts training workshops for mental health professionals around the world.

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