

# Samples Of Treatment Plans For Narrative Therapy

**This authoritative clinical reference and text--now revised and updated with 50% new content--presents the assessment tools and strategies that every evidence-based psychotherapy practitioner needs. Unlike most assessment texts, the volume is organized around specific clinical problems. It explains how to select and use the best measures to assess clients' symptoms, generate diagnoses, plan appropriate treatments, and monitor progress. Clinician- and student-friendly features include tables comparing and contrasting relevant measures, sample forms, and case examples. Every chapter addresses considerations for primary and managed care settings. New to This Edition \*Chapters on new topics: assessment of well-being and transdiagnostic assessment. \*New chapters on core topics: eating disorders, personality disorders, and insomnia. \*Updated throughout with DSM-5 diagnostic changes, new and updated instruments, current research, and increased attention to transdiagnostic concerns. \*Expanded coverage of obsessive-compulsive and related disorders. See also Clinical Handbook of Psychological Disorders, Fifth Edition, edited by David H. Barlow, which presents evidence-based treatments step by step. 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-**

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**step guide to writing treatment plans that meet their 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.**

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**Homework Planners feature behaviorally based, ready-to-use assignments to speed treatment and keep clients engaged between sessions. For more information on our Practice Planners®, including our full line of Treatment Planners, visit us on the Web at: [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners)**

**This time-saving resource features: Treatment plan components for 39 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 insurance companies and third-party payors Includes Evidence-Based Practice Interventions as required by many public funding sources and private insurers Practice Planners® THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Veterans and Active Duty Military 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. Features empirically supported, evidence-based treatment interventions Organized around 39 main presenting problems in treating veterans and active duty military personnel, including substance abuse, adjustment to killing, anger management and domestic violence, pre-deployment stress, survivors' guilt, and combat and operational stress reaction 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**

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**plancomponents by behavioral problem Designed to correspond with The Veterans and Active DutyMilitary Psychotherapy Progress Notes Planner Includes a sample treatment plan that conforms to therequirements of most third-party payors and accrediting agenciesincluding CARF, The Joint Commission (TJC), COA, and the NCQA Additional resources in thePracticePlanners® series: Progress Notes Planners contain complete, prewrittenprogress notes for each presenting problem in the companionTreatment Planners. Homework Planners feature behaviorally based, ready-to-useassignments to speed treatment and keep clients engaged betweenessions. For more information on ourPracticePlanners®, including our full lineof Treatment Planners, visit us on the Web at:[www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners)**

**This revised, step-by-step book provides treatment planning guidelines and an array of prewritten treatment plan components for child behavioral and psychological problems, including anger management, chemical dependence, depression, financial stress, low self-esteem, and obsessive-compulsive disorder (OCD).**

**The Older Adult Psychotherapy Treatment Planner, with DSM-5 Updates, 2nd Edition**

**The Social Work and Human Services Treatment Planner, with DSM 5 Updates**

**The Juvenile Justice and Residential Care Treatment Planner, with DSM 5 Updates**

**Sample Therapeutic Recreation Treatment Plans for Psychiatric Patients**

***Treatment Planning for Person-Centered Care,***

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***second edition, guides therapists in how to engage clients in building and enacting collaborative treatment plans that result in better outcomes. Suitable as a reference tool and a text for training programs, the book provides practical guidance on how to organize and conduct the recovery plan meeting, prepare and engage individuals in the treatment planning process, help with goal setting, use the plan in daily practice, and evaluate and improve the results. Case examples throughout help clarify information applied in practice, and sample documents illustrate assessment, objective planning, and program evaluation. Presents evidence basis that person-centered care works Suggests practical implementation advice Case studies translate principles into practice Addresses entire treatment process from assessment & treatment to outcome evaluation Assists in building the skills necessary to provide quality, person-centered, culturally competent care in a changing service delivery system Utilizes sample documents, showing examples of how to write a plan, etc. Helps you to improve the quality of services and outcomes, while maintain optimum reimbursement This timesaving resource features: Treatment plan components for 27 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***

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**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 Crisis Counseling and Traumatic Events 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 Organized around 27 behaviorally based presenting problems including child abuse and neglect, adult and child suicide, job loss, disaster, PTSD, sexual assault, school trauma including bullying, sudden and accidental death, and workplace violence 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, The Joint Commission (TJC), COA, and the NCQA Additional resources in the PracticePlanners® series: Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice. Homework Planners feature behaviorally based, ready-to-use**

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**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](http://www.wiley.com/practiceplanners)**

**The College Student Counseling 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. Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized treatment plans for young adult clients Organized around 28 main presenting problems, from academic performance anxiety and financial stress to depression, suicidal ideation, and chemical dependence 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(TM) diagnosis Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies (including HCFA, JCAHO, and NCQA)**

**For pastoral counselors and clergy people seeking to learn about effective therapeutic techniques, The Pastoral Counseling Treatment Planner is a lifesaver. And for secular therapists integrating elements of their client's spiritual beliefs system into the**

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***treatment process, this book can guide the way. Patterned after the bestselling The Complete Psychotherapy Treatment Planner, this resource draws on a variety of Western religious belief systems, and offers step-by-step guidelines on counseling clients and parishioners through a variety of life dilemmas. This sourcebook is organized around 31 of the most common problems people seek counseling for, including life challenges, such as marital conflict, grief, and chronic illness, as well as challenges of faith. For each problem, behavioral definitions and potential counseling goals are provided, along with dozens of suggested interventions—many of which draw upon the client's faith as a source of healing. This unique counseling aid also features: More than 1,000 well-crafted treatment planning components for many of life's thorniest problems A sample counseling plan that can be emulated by both experienced counselors and novices Pages afford plenty of space to record customized counseling goals, objectives, and interventions***

***The College Student Counseling Treatment Planner  
A Clinician's Guide to Writing Successful Treatment Plans***

***The Behavioral Medicine Treatment Planner  
The Employee Assistance Treatment Planner***

Traditional mental health and addiction treatments have not adequately addressed co-occurring disorders due to clinical interventions, programs, and system flaws that have not addressed the individual's needs. Moreover, there is very

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strong evidence to support the value and the effectiveness of integrated treatment programs within this population.

Additionally, integrated treatment planning should include integrating medications for both addiction and mental illness along with the behavioral therapies and other psychosocial interventions. It is important to also note that effective Integrated Treatment Plan is not limited; recognizing that full recovery from a dual diagnosis is not a short-term process. Instead, improvement occurs over months and years in conjunction with a consistent Integrated Treatment Plan. Most effective Integrated Treatment Plan is long term with a community based perspective that includes ongoing rehabilitation activities to help prevent and/or eliminate the possibility of relapses.

Highly practical and clinician friendly, this book provides evidence-based tools for tailoring psychotherapy to the needs of clients with bulimia nervosa or eating disorder not otherwise specified (EDNOS), including binge-eating disorder. It offers specific guidance for conducting thorough clinical assessments and conceptualizing each case in order to select appropriate interventions. A proven cognitive-behavioral treatment protocol is presented and illustrated with a chapter-length case example. In a convenient large-size format, the book includes a session-by-session treatment plan and 20 reproducible forms, handouts, and worksheets that clinicians can photocopy or download and print for repeated use.

This widely used book is packed with indispensable tools for treating the most common clinical problems encountered in outpatient mental health practice. Chapters provide basic information on depression and the six major anxiety disorders; step-by-step instructions for evidence-based assessment and intervention; illustrative case examples; and practical guidance for writing reports and dealing with third-

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party payers. In a convenient large-size format, the book features 74 reproducible client handouts, homework sheets, and therapist forms for assessment and record keeping. The CD-ROM enables clinicians to rapidly generate individualized treatment plans, print extra copies of the forms, and find information on frequently prescribed medications. New to This Edition\*The latest research on each disorder and its treatment.\*Innovative techniques that draw on cognitive, behavioral, and mindfulness- and acceptance-based approaches.\*Two chapters offering expanded descriptions of basic behavioral and cognitive techniques.\*More than half of the 74 reproducibles are entirely new.

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

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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](http://www.wiley.com/practiceplanners)

Includes DSM-5 Updates

The Couples Psychotherapy Treatment Planner

The Group Therapy Treatment Planner

The School Counseling and School Social Work Treatment Planner

The bestselling treatment planning system for mental health professionals The Adolescent 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 conduct disorder, substance use, low self-esteem, suicidal ideation, ADHD, and eating disorders Organized around 36 behaviorally based presenting problems, including peer/sibling conflict, school violence, sexual abuse, and others 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, The Joint Commission (TJC), COA, and the NCQA

New and updated assignments and exercises to meet the changing needs of mental health professionals The Adolescent

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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 A CD-ROM contains all the exercises in a word-processing format—allowing you to customize them to suit your and your clients' unique styles and needs

This timesaving resource features: Treatment plan components for 30 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 Older Adult 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

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care companies, third-party payors, and state and federal agencies New edition features empirically supported, evidence-based treatment interventions Organized around 30 behaviorally based presenting problems including depression, unresolved grief, life role transition, and substance abuse 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, The Joint Commission (TJC), COA, and the NCQA Additional resources in the PracticePlanners® series: Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice. 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](http://www.wiley.com/practiceplanners)

This time-saving resource features: Treatment plan components for 28 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 insurance companies and third-party payors The Juvenile Justice and Residential Care 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 payers, and

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state and federal review agencies. Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized treatment plans for juvenile clients Organized around 28 main presenting problems, from depression and abandonment issues to truancy, substance abuse, family instability, and others Over 1,000 well-crafted, clear statements describe the behavioral manifestations of each relational problem, long-term goals, short-term objectives, and educational interventions 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 payers and accrediting agencies (including HCFA, TJC, and NCQA) The Family Therapy Treatment Planner, with DSM-5 Updates, 2nd Edition

The Addiction Treatment Planner

The Early Childhood Education Intervention Treatment Planner

**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,**

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counselors, therapists, and other mental health professionals who work in medical settings will find this Planner indispensable.

The Early Childhood Education Intervention Treatment Planner provides all the elements necessary to quickly and easily develop formal education treatment plans that take the educational professional a step further past the writing of goals for Individualized Education Plans (IEPs) as well as mental health treatment plans. The educational treatment plan process assists the professional in identifying interventions and communicating to others the specific method, means, format, and/or creative experience by which the student will be assisted in attaining IEP goals. Critical tool for treating the most common problems encountered in treating children ages 3-6 Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized educational treatment plans Organized around 27 main presenting problems, including autism, cultural and language issues, depression, eating and

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elimination concerns, cognitive and neurological impairment, oppositional behavior, school entry readiness, and others Over 1,000 well-crafted, clear statements describe the behavioral manifestations of each relational problem, long-term goals, short-term objectives, and educational interchange Easy-to-use reference format helps locate educational treatment plan components by disability Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies (including HCFA, JCAHO, and NCQA) This timesaving resource features:  
Treatment plan components for 40 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 Family Therapy 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 Organized around 40 main presenting problems including child/parent conflicts, depression, abuse, death and loss issues, blended family problems, and loss of family cohesion 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 Family Therapy Progress Notes Planner, Second Edition* and the *Brief Family Therapy Homework Planner, Second Edition* Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting

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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](http://www.wiley.com/practiceplanners)

Treatment plan components for 28 DSM-IVTM and behaviorally based problems that impact work performance. A step-by-step guide to treatment planning 1000s of prewritten treatment goals, objectives, and interventions for work-related problems. Handy workbook format with space to record your own treatment options Over 100,000

PracticePlanners(TM) sold Saves you hours of painstaking paperwork while offering optimum latitude in developing customized treatment plans for most

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problems encountered in employee assistance programs. This valuable sourcebook supplies EAP counselors and mental health clinicians who work with employee assistance programs with all of the essential building blocks they need to quickly create focused, formal treatment plans that fully satisfy the demands of third-party payers, accrediting agencies, and state and federal review agencies. Following the same format as the bestselling *The Complete Psychotherapy Treatment Planner*, it is organized around 28 major presenting problems encountered in employee assistance programs, including chemical dependence, low self-esteem, career burnout, job loss, and more. Practical, progressive, and focused on problem-resolution, *The Employee Assistance Treatment Planner* features:

- \* 1,000s of 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

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**JCAHO \* A presenting problem list, including all relevant DSM-IV(TM) categories \* A quick-reference format that lets you 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.**

**The Complete Adult Psychotherapy Treatment Planner**

**Diagnosis and Treatment Planning in Counseling**

**Shared Decision Making for Whole Health Taking the Guesswork Out of Clinical Care**

*This timesaving resource features: Treatment plan components for 33 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 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 School Counseling and School Social Work 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*

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*companies, third-party payors, and state and federal agencies. New edition features empirically supported, evidence-based treatment interventions including coverage of disruptive classroom behaviors, reinforcing student success, bullying, peer conflict, and school violence Organized around 33 behaviorally based presenting problems treating students who experience social and emotional difficulties, including social maladjustment, learning difficulties, depression, substance abuse, family instability, and others 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, The Joint Commission (TJC), COA, and the NCQA Additional resources in the Practice Planners® series: Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice. Homework Planners feature behaviorally based, ready-to-use assignments to speed treatment and keep clients engaged between sessions. For more information on our Practice Planners®, including our full line of Treatment Planners, visit us on the Web at: [www.wiley.com/practiceplanners](http://www.wiley.com/practiceplanners) From leading authorities, this treatment planner outlines cognitive-behavioral therapy for insomnia (CBT-I) and shows how to tailor the treatment to individual clients' needs. Clinicians get a solid understanding of how sleep is regulated and the factors that promote or hinder optimal sleep. The book describes CBT-I components and discusses how to select and sequence them for particular clients, including those with psychiatric comorbidities such as anxiety or depressive disorders. Two chapter-length case*

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*examples illustrate the use of a comprehensive case conceptualization as the basis for effective intervention. In a convenient large-size format, the book includes reproducible assessment tools, planning forms, and handouts. Purchasers get access to a Web page where they can download and print the reproducible materials. The American College of Physicians recommends CBT-I as the initial treatment for all adult patients with chronic insomnia disorder.*

*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*

*First published in 1992, Fundamentals of Psychiatric Treatment Planning outlines an approach that quickly became the definitive standard for writing treatment plans. Developed by clinical psychiatrist James A. Kennedy, this practical, intuitive method*

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*organizes psychiatric problems into seven categories: psychological impairment, social skills, violence, activities of daily living, substance abuse, medical impairment, and ancillary impairment. Treatment plans are developed using information gathered with the Kennedy Axis V, an instrument that has proven more successful than both the Global Assessment of Functioning (GAF) scale and the Brief Psychiatric Rating Scale (BPRS) in establishing baselines and determining outcome measures. Fundamentals of Psychiatric Treatment Planning serves as a powerful, highly effective tool that Promotes a cohesive approach. By using a consistent approach to planning, the clinical team works in concert toward uniform goals and outcomes. Helps staff gather critical information to improve outcomes. For establishing baselines and determining outcome measures, the Kennedy Axis V instrument has proven more successful than both the GAF and the BPRS. Includes many examples to help staff write their own plans. Rich with real-life examples to guide staff, including problem names and descriptions, treatment modalities, and samples of individual plans for each of the seven problem categories. In addition to the Kennedy Axis V questionnaire, Fundamentals of Psychiatric Treatment Planning includes blank forms for treatment planning and tabbed sections to allow for quick reference. New features in the second edition include the integration of nursing care plans into master treatment plans, new systematic steps for building goals and modalities, refinements to the questionnaire, and the introduction of online support via the author's website. With its readily adaptable, uniform approach to a complex subject, Fundamentals of Psychiatric Treatment Planning, Second Edition, is a powerful, highly effective planning tool for all members of the clinical staff.*

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*The Child Psychotherapy Treatment Planner*

*The Adolescent Psychotherapy Treatment Planner*

*Treatment Plans and Interventions for Depression and Anxiety Disorders, 2e*

*The Road to Mental Health and Addiction Recovery*

**This timesaving resource features: Treatment plan components for 32 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 insurance companies and third-party payors The Social Work and Human Services 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 payers, and state and federal review agencies. Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized treatment plans to address clients' psychological and environmental problems and issues Organized around 32 main presenting problems, from family violence and juvenile delinquency to homelessness, chemical dependence, physical/cognitive disability, sexual abuse, and more 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-5™ diagnosis Includes a sample treatment plan that conforms to the requirements of most third-party payers and accrediting agencies**

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**(including TJC and NCQA)**

**This authoritative clinical reference and text--now revised and updated with 50% new content--presents the assessment tools and strategies that every evidence-based psychotherapy practitioner needs. Unlike most assessment texts, the volume is organized around specific clinical problems. It explains how to select and use the best measures to assess clients' symptoms, generate diagnoses, plan appropriate treatments, and monitor progress.**

**Clinician- and student-friendly features include tables comparing and contrasting relevant measures, sample forms, and case examples. Every chapter addresses considerations for primary and managed care settings.**

**New to This Edition \*Chapters on new topics: assessment of well-being and transdiagnostic assessment. \*New chapters on core topics: eating disorders, personality disorders, and insomnia. \*Updated throughout with DSM-5 diagnostic changes, new and updated instruments, current research, and increased attention to transdiagnostic concerns. \*Expanded coverage of obsessive-compulsive and related disorders. See also Clinical Handbook of Psychological Disorders, Sixth Edition, edited by David H. Barlow, which presents evidence-based treatments step by step.**

**This timesaving resource features: Treatment plan components for 44 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 conform to the latest ASAM requirements and meet the requirements of most accrediting bodies, insurance**

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**companies, and third-party payors Includes new Evidence-Based Practice Interventions as required by many public funding sources and private insurers The Addiction 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 New treatment planning language based on the mandates of the American Society of Addiction Medicine (ASAM) Organized around 44 main presenting problems, including Adhd, borderline traits, eating disorders, gambling, impulsivity, psychosis, social anxiety, and substance abuse 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 Addiction Progress Notes Planner, Third Edition and Addiction Treatment Homework Planner, Fourth 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.**

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**Requirements for treatment planning in the mental health and addictions fields are long standing and embedded in the treatment system. However, most clinicians find it a challenge to develop an effective, person-centered treatment plan. Such a plan is required for reimbursement, regulatory, accreditation and managed care purposes. Without a thoughtful assessment and well-written plan, programs and private clinicians are subject to financial penalties, poor licensing/accreditation reviews, less than stellar audits, etc. In addition, research is beginning to demonstrate that a well-developed person-centered care plan can lead to better outcomes for persons served. \* Enhance the reader's understanding of the value and role of treatment planning in responding to the needs of adults, children and families with mental health and substance abuse treatment needs \* Build the skills necessary to provide quality, person-centered, culturally competent and recovery / resiliency-orientated care in a changing service delivery system \* Provide readers with sample documents, examples of how to write a plan, etc. \* Provide a text and educational tool for course work and training as well as a reference for established practioners \* Assist mental health and addictive disorders providers / programs in meeting external requirements, improve the quality of services and outcomes, and maintain optimum reimbursement**

**The Complete Women's Psychotherapy Treatment Planner  
The Couples Psychotherapy Treatment Planner, with  
DSM-5 Updates**

**The Group Therapy Treatment Planner, with DSM-5  
Updates**

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## **Fundamentals of Psychiatric Treatment Planning**

***A time-saving resource, fully revised to meet the changing needs of mental health professionals The Child 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 anxiety, attachment disorder, gender identity disorder, and more Organized around 35 behaviorally based presenting problems including academic problems, blended family problems, children of divorce, ADHD, 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 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 Key features of the third edition: -An overview of the changing face of counseling, from emerging employment opportunities to core competencies for counselors and trainers. -A broad range of qualitative and quantitative assessment tools, with guidelines for their selection and***

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*interpretation. -A thorough review of the current edition of the Diagnostic and Statistic Manual of Mental Disorders, including strategies for multiaxial assessment. -The DO A CLIENT MAP, a comprehensive structured approach to treatment planning. -Expanded coverage of individual, family, and group interventions -An updated chapter on documentation, report writing, and record keeping, with sample reports and forms. -Brand-new chapters on career and organizational development counseling, and ethical standards for counselors. -A predictions chapter identifying trends most likely to influence the future of the field. -Case studies, models, and examples throughout.*

*Clarify, simplify, and accelerate the treatment planning process so you can spend more time with clients*

*The Addiction Treatment Planner, Sixth 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 payers, and state and federal agencies. This valuable resource contains treatment plan components for 48 behaviorally based presenting problems including depression, intimate relationship conflicts, chronic pain, anxiety, substance use, borderline personality, and more. You'll save hours by speeding up the completion of time-consuming paperwork, without sacrificing your freedom to develop customized treatment*

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*plans for clients. This updated edition includes new and revised evidence-based objectives and interventions, new online resources, expanded references, an expanded list of client workbooks and self-help titles, and the latest information on assessment instruments. In addition, you'll find new chapters on some of today's most challenging issues- Opioid Use Disorder, Panic/Agoraphobia, Loneliness, and Vocational Stress. New suggested homework exercises will help you encourage your clients to bridge their therapeutic work to home. Quickly and easily develop treatment plans that satisfy third-party requirements. Access extensive references for treatment techniques, client workbooks and more. Offer effective and evidence-based homework exercises to clients with any of 48 behaviorally based presenting problems. Enjoy time-saving treatment goals, objectives and interventions- plus space to record your own customized treatment plan. This book's easy-to-use reference format helps locate treatment plan components by presenting behavioral problem or DSM-5 diagnosis. Inside, you'll also find 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 Addiction Treatment Planner, Sixth Edition: will liberate you to focus on what's really important in your clinical work. This user-friendly book helps clinicians of*

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*any theoretical orientation meet the challenges of evidence-based practice. Presented are tools and strategies for setting clear goals in therapy and tracking progress over the course of treatment, independent of the specific interventions used. A wealth of case examples illustrate how systematic treatment planning can enhance the accountability and efficiency of clinical work and make reporting tasks easier--without taking up too much time. Special features include flowcharts to guide decision making, sample assessment tools, sources for a variety of additional measures, and instructions for graphing client progress. Ideal for busy professionals, the book is also an invaluable text for graduate-level courses and clinical practice.*

*Handbook of Assessment and Treatment Planning for Psychological Disorders, Third Edition  
The Pastoral Counseling Treatment Planner  
The Crisis Counseling and Traumatic Events Treatment Planner, with DSM-5 Updates, 2nd Edition*

*The Veterans and Active Duty Military Psychotherapy Treatment Planner, with DSM-5 Updates*

Treatment Plans and Interventions for Bulimia and Binge-Eating Disorder  
Guilford Press

This fully revised resource features: Treatment plan components for 33 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

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meet the requirements of most insurance companies and third-party payors The Group Therapy 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 review agencies. A critical tool for mental health professionals developing formal treatment plans for working with a variety of groups New edition features expanded coverage and outlines entirely new areas including utilizing group therapy to treat panic/agoraphobia, PTSD/trauma, adult ADHD, obsessive-compulsive disorder, and borderline personality disorder Streamlined interventions and fully updated language make this edition easier to use and more clinically applicable Saves you hours of time-consuming paperwork, yet offers the freedom to develop customized treatment plans Organized around 33 main presenting problems with a focus on applying a group therapy approach to a wide variety of disorders 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 Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies (including HCFA, JCAHO, and NCQA)

The School Counseling and School Social Work Treatment Planner, with DSM-5 Updates, 2nd Edition

Adolescent Psychotherapy Homework Planner

A Case Formulation Approach

Treatment Planning for Person-Centered Care