

# [PDF] Adult Psychotherapy Homework Planner (PracticePlanners)

Arthur E. Jongsma Jr. - pdf download free book



## Books Details:

Title: Adult Psychotherapy Homework

Author: Arthur E. Jongsma Jr.

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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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