

The Complete Adult Psychotherapy Treatment Planner: Includes DSM-5 Updates (PracticePlanners)

Arthur E. Jongsma Jr. , L. Mark Peterson , Timothy J. Bruce

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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

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From Reader Review The Complete Adult Psychotherapy Treatment Planner: Includes DSM-5 Updates (PracticePlanners) for online ebook

Stanley Hall says

Thanks heavens for this book

Deidre says

read what was assigned...will probably keep to use in practice when i work for agencies that need this sort of treatment planning, but it's not really up my alley.

Jennifer Kronk says

This isn't the kind of book that you read; it's the kind of book that you work with. Regardless, I read it. I used it as a study tool for my NCMHCE when I was struggling with setting up proper treatment plans. This book did help me with that and I feel more comfortable with the concepts.

As best as I can tell, this book is to be used when setting up a treatment with a plan and gives suggestions as to what new objectives and interventions can be added as you learn more about the client and the client's needs. I do not agree with all of the interventions and I am not sure if all of the behavioral definitions and diagnostic suggestions are in line with the DSM 5. The publishing date (2006) makes that unlikely. However, as a "fill-in-the-blanks" guide, I think it is useful.

Anita says

Text Book in COounseling Program

Carolynne says

Excellent tool for understanding treatment planning. Gives examples of how to write Goals/ Objectives/ Interventions.

The Badger says

This is a good resource to look over when you begin your career as a therapist. However, don't think of this as your treatment planning bible. This book will give you some ideas and some of the clinical terminology,

but ideally you're going to want to be writing your treatment goals WITH your client. I have my clients come sit next to me so that we can discuss what we're going to work on. I write out the treatment plan with them so they feel as if they have more of a part in the process. The more involved they feel in the process, the more actively they'll participate (and the easier it will be to focus them on their therapeutic goal). Your client should always know what goal they're working on in therapy.

Jill Hart says

This book is so incredibly helpful. Every mental health counselor should have a copy of this on their bookshelf.

Melissa Lee-Tammeus says

Barely used this in class. Not sure if I ever will. I suppose when I start doing my own treatment planning, this may come in handy. I am surprised how simplistic this book is but upon more thought, it can definitely help direct an approach when you are not sure where to start.

Elizabeth Walls says

This isn't the kind of book that you read; it's the kind of book that you reference back to throughout your career.
