



# Adult Psychotherapy Homework Planner

*Arthur E. Jongsma Jr.*

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**Adult Psychotherapy Homework Planner** Arthur E. Jongsma Jr.

**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 exercise
- 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
- 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

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